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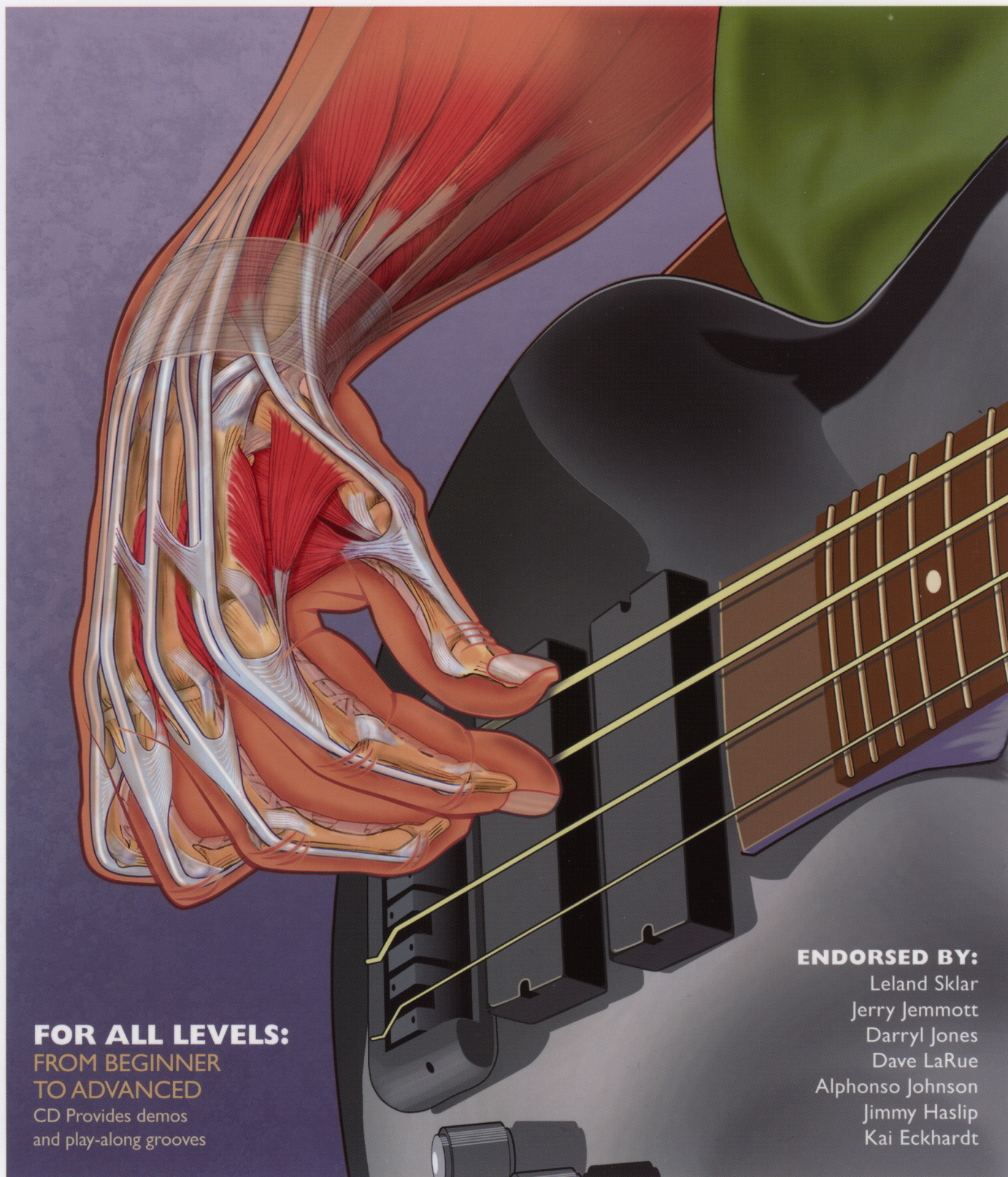
CD INCLUDED

BASS

BY JON LIEBMAN

AEROBICS

A **52-WEEK**, One-Exercise-Per-Week Workout Program for Developing, Improving, and Maintaining Bass Guitar Technique



FOR ALL LEVELS:

FROM BEGINNER
TO ADVANCED

CD Provides demos
and play-along grooves

ENDORSED BY:

Leland Sklar
Jerry Jemmott
Darryl Jones
Dave LaRue
Alphonso Johnson
Jimmy Haslip
Kai Eckhardt

BASS

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CRITICAL ACCLAIM

"*Bass Aerobics* by Jon Liebman is a valuable tool for all serious bassists. An absolute must-have!"

—**Leland Sklar** (L.A. studio legend)

"*Bass Aerobics* opens up many musical possibilities and at the same time improves your skill as a bass player. A great approach to the endless challenge of making your groove happen!"

—**Jerry Jemmott** (Atlanta Records/Muscle Shoals pioneer; bassist with Aretha Franklin, King Curtis, B.B. King, Wilson Pickett, Roberta Flack)

"In *Bass Aerobics*, Jon Liebman puts you through your finger exercises and reading paces while still managing to keep it fun and ensemble-based. Jon takes you along simply enough at the beginning, but before long he's got you moving through some pretty sophisticated etudes, all the while keeping the emphasis on reading and grooving. This is a great tool. Great preparation for most anything you might encounter in the musical real world. Well done, Jon!"

—**Darryl Jones** (Bassist with Miles Davis, Sting, Madonna, the Rolling Stones)

"Jon Liebman's newest book, *Bass Aerobics*, is unique because it is filled with great material presented in a very usable, musical fashion. Check it out!"

—**Dave LaRue** (Bassist with Steve Morse, the Dixie Dregs, Steve Vai, Joe Satriani, Eric Johnson)

"The *Bass Aerobics* book sheds some light on the realities of playing the bass guitar. Having solid foundational skills is absolutely necessary in order to become the best musician you are capable of being."

—**Alphonso Johnson** (Bassist with Weather Report, Billy Cobham, George Duke, Santana; solo artist)

"*Bass Aerobics* by Jon Liebman is jam-packed with wonderful exercises. Jon has created a very musical, fun way to practice, while improving your skills! It's also great to have the CD to listen to and play along with. I've thoroughly enjoyed working out of this book. *Bass Aerobics* is a fantastic book to add to anyone's practice regime!"

—**Jimmy Haslip** (Bassist with the Yellowjackets; composer, producer)

"Truly an impressive compilation of valuable material for the working bassist. With *Bass Aerobics*, Jon Liebman manages to find a perfect balance between the realm of exercise and the world of working knowledge. No matter what level you are on or which style you currently like, this book will get you on the fast lane to reading music, as it contains both tab and standard notation, plus a vast variety of styles and key signatures. *Bass Aerobics* is meticulous, intelligent, creative, relevant, and fun. An essential addition to your modern bass library."

—**Kai Eckhardt** (Bassist with John McLaughlin, Billy Cobham, Garaj Mahal)

INTRODUCTION

The purpose of this book is to make you a better bass player. A good bass player is someone who is both technically proficient on the instrument and a great *groover*! Throughout the book, we'll focus on improving your technical command of the bass, all within the context of that all-important groove. As I've stated in each of my books, "Groove is everything, and everything must groove."

Bass Aerobics is structured as a series of technical exercises, similar to aerobic workouts, enabling you to practice proper technique and good grooving at the same time. Think of this book either as a collection of exercises that groove, or as a bunch of grooves that are good for you. Whatever you decide is okay, as long as you practice each selection carefully and deliberately. Doing so will undoubtedly make you a better bass player!

Throughout *Bass Aerobics*, we'll cover a variety of bass techniques (chromatics, scales and arpeggios, string crossings, and slapping) as we travel through several musical genres (rock, funk, R&B, blues, and more). Some of the workouts are basic and straightforward, while others are quite advanced.

Each chapter highlights a different bass technique. **Chapter 1** contains grooves with lots of chromatic runs. We'll do plenty of moving up and down the fingerboard, one fret at a time, all within the framework of a groove. We'll take a similar approach in **Chapter 2**, as we play grooves that contain scale and arpeggio runs, and in **Chapter 3** we'll make use of string-crossing patterns that are sure to catapult your bass playing to untold heights!

Chapter 4 is devoted entirely to slapping and popping. Though we covered this concept thoroughly in my first Hal Leonard book, *Funk Bass*, we'll stretch out here, working with longer grooves. We'll focus on playing each selection accurately and consistently, as in a real-live situation with a band.

Finally, in **Chapter 5**, we'll play some very advanced patterns that incorporate all the techniques covered in the first four chapters. Take your time and practice these grooves carefully. You'll feel an incredible sense of accomplishment once you get through them.

Use the accompanying CD as much as you need. As in all of my books, the guitar and drums are on the left channel and the bass, all by itself, is on the right. With the recording mixed this way, you'll have three options for using the CD: 1) listening to whole band; 2) jamming along with the guitar and drums; or 3) isolating the bass.

Another similarity to my previous books is that the grooves are written in all keys (not just E and A!). Great bass players are proficient at reading, playing, and grooving in every key!

Feel free to experiment with the tempos and to make other variations as your musicality and creativity dictate. Ultimately, your goal is to be able to groove, not just play somebody else's notes (no matter how wonderful those notes may be!).

I play through every groove once on the recording, but you should practice each one over and over (which I've indicated with repeat signs on either end of the workouts). To make this easier, you'll notice on the CD that each workout leads immediately into the next, with no gaps or announcements. This way, you can loop each track on your stereo system and play along (i.e., "work out") with it as many times as you like! Once the groove finishes, the count-off will immediately start again, and you're ready to kick off another time through.

I recommend progressing through this book at your own pace (or according to the pace your teacher recommends). Think about what a great player you'll be this time next year if you master an average of one exercise per week for the next fifty-two weeks!

Congratulations on your commitment to becoming a truly great bass player. Have fun and good luck!

J.L.



TRACK 1

In this chapter, we'll focus on moving the fingers up and down the fretboard smoothly and cleanly. The goal is to make every example sound like a piece of music, rather than a study or exercise.

Workout 1

Let's start with an easy rock beat with lots of chromatic runs. Take your time and concentrate on articulating every note clearly and evenly.

The musical score for Workout 1 is written in 4/4 time and consists of five systems of music. Each system includes a bass staff with notes and accidentals, and a corresponding fretboard diagram below it. The fretboard diagrams use numbers 1-5 to indicate finger positions and include slurs for chromatic runs.

- System 1 (Measures 1-3):** Notes are C5, G5, and C5. Fretboard diagrams show runs: 3-5-2-3-4 and 5-3-3-5-3.
- System 2 (Measures 4-6):** Notes are F5, F#5, G5, C5, and G5. Fretboard diagrams show runs: 3-4-5, 3-5-3, 3-5-2-3-4, and 5-3-3-5-3.
- System 3 (Measures 7-9):** Notes are C5, F5, F#5, G5, and C5. Fretboard diagrams show runs: 5-4-3-2-2, 3-4-5, 3-4-5-6-2, and 3-5-2-3-4.
- System 4 (Measures 10-12):** Notes are G5, C5, and F5, F#5, G5. Fretboard diagrams show runs: 5-3-3-5-3, 3-5-4-3-2-2, and 3-4-5-3-5-3.
- System 5 (Measures 13-15):** Notes are C5, G5, C5, E5, F5, F#5, and G5. Fretboard diagrams show runs: 5-3-2-3-4, 5-3-3-5-3, and 5-0-1-2-3.

16 G#5 A5 A#5 B5 C5 C5 F5 F#5 G5

4 0 1 2 3 | 3 5 4 3 2 2 | 3 4 5 3 5 3

19 C5 F5 F#5 G5 C5

3 5 4 3 2 2 | 3 4 5 3 4 5 6 2 | 3 5 4 3 2 2

22 F5 F#5 G5 C5 G5

3 4 5 3 5 3 | 3 5 4 3 2 6 5 | 4 3 2 6 5 4 3 3

25 C5 G5 C5

3 5 2 3 4 | 5 3 3 5 3 | 3 5 4 3 2 2

28 F5 F#5 G5 C5 G5

3 4 5 3 4 5 6 2 | 3 5 2 3 4 | 5 3 4 5 6 5 4 3

31 C5 F5 F#5 G5 C5

3 5 4 3 2 2 | 3 4 5 3 4 5 6 2 | 3 5



TRACK 2

Workout 2

This workout covers most of the instrument. The types of runs in this example are common in walking bass lines in jazz, rock, and other styles.

First system of musical notation (measures 1-3). The top staff is in bass clef, 4/4 time, with a key signature of two flats (Bb, Eb). The bottom staff shows fingerings (6, 8, 7, 6, 5, 5, 6, 7, 8, 5, 6, 7, 8, 6, 8, 6, 6).

Chord labels: Eb5, Bb5, Eb5.

Second system of musical notation (measures 4-6). The top staff continues the bass line. The bottom staff shows fingerings (8, 5, 6, 7, 8, 8, 7, 6, 5, 5, 6, 7, 8, 5, 6, 7, 8, 6, 8, 6).

Chord labels: Bb5, Eb5, Bb5.

Third system of musical notation (measures 7-9). The top staff includes a triplet of eighth notes in measure 9. The bottom staff shows fingerings (8, 7, 6, 5, 5, 6, 7, 8, 5, 6, 7, 8, 12, 13, 12, 13, 12, 11, 10, 9).

Chord labels: Eb5, Bb5, Eb5, Eb5.

Fourth system of musical notation (measures 10-12). The top staff includes a triplet of eighth notes in measure 10. The bottom staff shows fingerings (8, 7, 6, 5, 8, 6, 5, 6, 6, 5, 6, 7, 8, 7, 6, 5, 8, 6, 5, 8, 6).

Chord labels: Bb5, Eb5, F5, Bb5.

Fifth system of musical notation (measures 13-15). The top staff continues the bass line. The bottom staff shows fingerings (12, 13, 12, 13, 12, 11, 10, 9, 8, 7, 6, 5, 8, 6, 5, 6, 6, 5, 6, 7, 8, 7, 6, 5).

Chord labels: Eb5, Bb5, Eb5.

16 Bb5 Eb5 Eb5 F5 Bb5

6 7 8 5 6 7 8 | 6 3 4 5 6 5 4 3 | 1 3 4 5 6 3 4 5

19 Eb5 Bb5 Eb5

6 3 4 5 6 5 4 3 | 4 5 6 3 4 5 6 | 8 5 6 7 8 7 6 5

22 F5 Bb5 Eb5 Bb5 Eb5

8 5 6 7 8 5 6 7 | 8 5 6 7 8 7 6 5 | 6 7 8 5 6 7 8

25 Eb5 Bb5 Eb5

8 7 6 5 5 6 7 | 8 7 6 5 8 6 5 6 | 6 5 6 7 8 7 6 5

28 F5 Bb5 Eb5

8 6 5 8 6 8 4 5 | 6 8 7 6 5 5 6 7

30 Bb5 Eb5 Bb5 Eb5

8 7 6 5 8 6 5 6 | 6 5 6 7 8 7 6 5 | 6 7 8 5 6 7 8



TRACK 3

Workout 3

This workout contains three chromatic blues variations. See if you can play this one without looking at your bass.

F7#9

Bass line for F7#9 variation, measures 1-3. The first staff shows the melodic line in bass clef, and the second staff shows the fret numbers.

1 2 3 4 3 2 1 0 | 1 2 3 4 1 2 3 0 | 1 2 3 4 3 2 1 0

Bb7

Bass line for Bb7 variation, measures 4-6. The first staff shows the melodic line in bass clef, and the second staff shows the fret numbers.

1 2 3 4 1 2 3 0 | 1 2 3 4 3 2 1 0 | 1 2 3 4 1 3 2 0

F7#9

C7

Bass line for F7#9 and C7 variations, measures 7-9. The first staff shows the melodic line in bass clef, and the second staff shows the fret numbers.

1 2 3 4 3 2 1 0 | 1 2 3 4 1 2 1 2 | 3 4 5 6 5 4 3 2

Bb7

F7#9

Bass line for Bb7 and F7#9 variations, measures 10-12. The first staff shows the melodic line in bass clef, and the second staff shows the fret numbers.

1 2 3 4 3 2 1 0 | 1 2 3 4 3 2 1 0 | 1 2 3 4 1 2 3 1

F7#9

Bass line for F7#9 variation, measures 13-15. The first staff shows the melodic line in bass clef, and the second staff shows the fret numbers.

3 | 8 9 10 11 10 9 8 7 | 8 10 10 9 8 7 11 10

Bb7

Bass line for Bb7 variation, measures 16-18. The first staff shows the melodic line in bass clef, and the second staff shows the fret numbers.

8 9 10 11 10 9 8 7 | 8 10 9 8 7 11 10 9 | 8 9 10 11 12 13 14 15

19 **F7#9**

15 14 13 12 11 10 9 8 | 8 9 10 11 10 9 8 7 | 8 10 9 8 12 11 10 9

22 **C7** **Bb7** **F7#9**

10 11 12 13 12 11 10 9 | 8 9 10 11 10 9 8 7 | 8 10 9 8 12 11 10 9

25 **F7#9**

8 7 6 5 4 3 2 | 0 1 | 1 2 3 4 1 2 3 0

28 **F7#9**

1 2 0 1 2 3 2 | 0 1 2 3 4 1 2 3 0 | 1 2 3 4 1 2 3 0

31 **Bb7** **F7#9**

1 2 3 4 1 2 3 0 | 1 2 3 4 1 3 2 0 | 1 2 3 4 1 2 3 0

34 **C7** **Bb7**

1 2 3 4 1 2 3 2 | 3 4 5 6 3 4 5 0 | 1 2 3 4 1 3 2 0

37 **F7#9**

1 2 3 4 1 2 3 0 | 1 2 3 4 1 2 3 1 | 3



This workout has a bit of an R&B feel. Be sure to play the octave jumps cleanly, articulating every note, while avoiding extraneous string ringing.

11

E₂ D E

7 7 7 6 7 8 9 7 7 6 5 7 5 6 7 7 7 6 7 8 9 7 8 9 7 5 6

13

D E D

15

E D E

17

E C# E B

19

E C# E C# B G#

21

E D

23

E



TRACK 5

Workout 5

This example also has a funk/R&B feel with some intricate lines that will keep your fingers busy!

Sheet music for Workout 5, featuring a bass line in 4/4 time with a key signature of three sharps (F#, C#, G#). The music is divided into six systems, each with a staff and a corresponding fretboard diagram below it.

System 1: Chords: B7, A7, B7, A7, B7. Fretboard diagram shows positions for measures 1-5.

System 2: Chords: A7, B7, B7, F#7#9. Fretboard diagram shows positions for measures 6-10.

System 3: Chords: B7, F#7#9, B7, F#7#9. Fretboard diagram shows positions for measures 11-15.

System 4: Chords: B7, A7, A#7, B7, A7, B7. Fretboard diagram shows positions for measures 16-20.

System 5: Chords: A7, B7, A7, B7. Fretboard diagram shows positions for measures 21-25.

System 6: Chords: A7, A#7, B7, A7, B7. Fretboard diagram shows positions for measures 26-30.

13

A7 B7 A7 B7

9 7 7 7 9 8 9 10 11 8 9 7 9 | 9 7 7 7 9 6 7 8 9 6 7 5 6

15

A7 A#7 B13 A13

9 7 6 9 6 7 6 5 6 || 9 9 9 7 7 6 6 9 8 7 6

17

B13 A13 B13 A13

9 9 9 7 9 7 9 11 10 9 8 | 9 9 9 9 9 7 7 6 6 9 8 7 6

19

B13 A7 A#7 B13 A13

9 7 6 9 6 7 6 5 6 || 9 9 9 7 7 6 6 9 8 7 6

21

B13 A13 B13 A13

9 9 9 7 9 7 9 11 10 9 8 | 9 9 9 9 9 7 7 6 6 9 8 7 6

23

B13 A7 A#7 B7 A7 B7

9 7 6 9 6 7 6 5 6 || 9 7 7 7 9 6 7 8 9 8 7 6

25

A7 B7 A7 B7

9 7 7 7 9 8 9 10 11 10 9 8 | 9 9 7 7 7 9 6 7 8 9 8 7 6

27

A7 A#7 B7

9 7 6 9 6 7 6 5 6 7



TRACK 6

Workout 6

This pop-oriented R&B groove will give you lots of good practice moving up and down the fingerboard. Have fun with the interlude, beginning at bar 13!

Bb7

First system of music notation (bars 1-2). The staff shows a bass line in Bb major (two flats). The fretboard diagram below the staff shows fingerings: 6, 6, 5, 5, 6, 6, 7, 8, 6 for the first measure and 6, 6, 5, 5, 6, 6, 5, 6, 5, 6, 7, 8 for the second measure.

Second system of music notation (bars 3-4). The staff shows a bass line in Bb major. The fretboard diagram below the staff shows fingerings: 6, 6, 5, 5, 6, 6, 7, 8, 6 for the first measure and 8, 8, 6, 8, 6, 8, 5, 6, 5, 6, 7, 8 for the second measure.

Third system of music notation (bars 5-6). The staff shows a bass line in Bb major. The fretboard diagram below the staff shows fingerings: 6, 6, 5, 5, 6, 6, 7, 8, 6 for the first measure and 8, 8, 7, 8, 9, 10, 9, 8, 7, 8, 7, 6, 5 for the second measure.

Fourth system of music notation (bars 7-8). The staff shows a bass line in Bb major. The fretboard diagram below the staff shows fingerings: 6, 6, 5, 5, 6, 6, 7, 8, 6 for the first measure and 8, 8, 6, 8, 6, 8, 7, 6, 5, 6, 7, 8 for the second measure.

Fifth system of music notation (bars 9-10). The staff shows a bass line in Bb major. The fretboard diagram below the staff shows fingerings: 6, 6, 5, 5, 6, 6, 5, 6, 5, 6, 7, 8 for the first measure and 8, 8, 6, 6, 5, 5, 6, 5, 6, 8 for the second measure.

Sixth system of music notation (bars 11-12). The staff shows a bass line in Bb major. The fretboard diagram below the staff shows fingerings: 6, 6, 5, 5, 6, 6, 5, 6, 5, 6, 7, 8 for the first measure and 8, 8, 6, 6, 5, 5, 8, 7, 6, 5 for the second measure.



TRACK 7

Workout 7

Here's a funk/rock groove, with a little more breathing room between notes.

A7

2

4

7

2

10

13

5 5 5 2 3 4 | 5 5 3 2 3 4 | 5 5 5 2 3 4

5 5 4 4 5 5 6 7 | 5 5 5 2 3 4 | 5 5 3 2 3 4

5 5 5 2 3 4 | 5 5 5 5 4 7 4 5 6 | 7 7 4 5 6

7 7 5 4 5 6 | 7 7 4 5 6 | 7 7 6 6 7 7 8 9 7

7 7 5 4 5 6 | 7 7 5 4 5 6 | 7 7 4 5 6

[illegible]

18 A7

(10) 10 9 8 7 8 9 10 9 8 7 8 7 6 5 5 5 2 3 4

20

5 5 3 3 2 2 3 4 4 5 5 5 2 3 4 5 5 4 4 5 5 6 7 0

23

The image shows a musical score for the song 'The Rose Tree'. It consists of two staves. The top staff is a bass line in G major (one sharp) and 4/4 time. It contains three measures of music. The bottom staff is a guitar line, also in G major and 4/4 time, with three measures of chords and fingerings. The first measure of the guitar line has a whole note chord with fingerings 5, 5, 5, 2, 3, 4. The second measure has a whole note chord with fingerings 5, 5, 3, 3, 2, 2, 3, 3, 4, 4. The third measure has a whole note chord with fingerings 5, 5, 5, 2, 3, 4.

Bass line:

Measure 1: G2 (quarter), A2 (quarter), B2 (quarter), C3 (quarter), D3 (quarter), E3 (quarter), F#3 (quarter), G3 (quarter).

Measure 2: G2 (quarter), A2 (quarter), B2 (quarter), C3 (quarter), D3 (quarter), E3 (quarter), F#3 (quarter), G3 (quarter).

Measure 3: G2 (quarter), A2 (quarter), B2 (quarter), C3 (quarter), D3 (quarter), E3 (quarter), F#3 (quarter), G3 (quarter).

Guitar line:

Measure 1: G2 (quarter), A2 (quarter), B2 (quarter), C3 (quarter), D3 (quarter), E3 (quarter), F#3 (quarter), G3 (quarter).

Measure 2: G2 (quarter), A2 (quarter), B2 (quarter), C3 (quarter), D3 (quarter), E3 (quarter), F#3 (quarter), G3 (quarter).

Measure 3: G2 (quarter), A2 (quarter), B2 (quarter), C3 (quarter), D3 (quarter), E3 (quarter), F#3 (quarter), G3 (quarter).

[illegible]

29



TRACK 8

Workout 8

This workout will keep your fingers moving all over the bass. If the notes don't make you perk up, the key signature surely will! At a gig, you never know what key you'll be called upon to play in, so you need to be familiar—and proficient—in all keys, not just the “easy” ones.

Abm

1
T
A
B

6 5 4 3 4 3 4 5 6 3 4 5 6 4 | 6 5 4 3 4 3 4 5 6 3 4 5 6 4

3
6 5 4 3 4 3 4 5 6 3 4 5 6 4 | 6 4 6 4 6 5 4 3 7 6 5 4 7 4

5
6 5 4 3 4 3 4 5 6 3 4 5 6 4 6 4 | 6 4 6 4 6 5 4 3 7 6 5 4 7 4

7
6 5 4 3 4 3 4 5 6 3 4 5 6 4 6 4 | 8 7 6 5 9 8 7 6 4 3 4 5 6 4

9
13 12 11 10 11 10 11 12 13 10 11 12 13 16 18 16 | 13 12 11 10 11 10 14 13 14 13 12 11 10 9 8 7

11
6 5 4 3 4 3 4 5 6 3 4 5 6 4 6 4 | 6 5 4 3 4 3 7 6 7 6 5 4 8 7 6 5

13 4

4 3 2 1 2 1 2 3 4 1 2 3 4 2 4 2 | 4 3 2 1 2 1 2 3 4 1 2 3 4

15

6 5 4 3 4 3 4 5 6 3 4 5 6 4 6 4 | 6 5 4 3 4 3 7 6 7 3 4 5 6 4

17

4 3 2 1 2 1 2 3 4 1 2 3 4 2 4 2 | 4 3 2 1 2 1 2 3 4 3 4 5 6 3 4 5

19

6 5 4 3 4 3 4 5 6 3 4 5 6 4 6 4 | 6 5 4 3 4 3 4 5 6 5 6 7 8 10 11 12

21

13 12 11 10 11 10 11 12 13 10 11 12 13 16 18 16 | 13 12 11 10 14 13 12 11 10 9 8 7 6 4

23

6 5 4 3 4 3 4 5 6 3 4 5 6 4 | 6 3 4 5 6 5 6 7 8 10 11 12 13 11



TRACK 9

Workout 9

Let's slow it down a little bit for this one. Don't relax too much, though, as you still have plenty of work to do. As always, strive for accuracy and remember: every note is important.

Sheet music for Workout 9, featuring bass clef notation and fingerings. The music is divided into five systems, each with a melodic line and a corresponding fingering line below it. Chord symbols (A, C, G, D, E, D/F#) are placed above the notes. The key signature has one sharp (F#).

System 1: Melodic line starts with a double bar line and repeat sign. Chord symbols: A, C, A, G. Fingering line: 5 6 7 8 7 6 5 4 5 6 7 8 | 5 6 7 | 5 6 7 8 7 6 5 4 5 | 7 6 5 4 8 7

System 2: Melodic line starts with a double bar line and repeat sign. Chord symbols: A, C, A, D. Fingering line: 5 6 7 8 7 6 5 4 5 6 7 8 | 5 6 7 | 7 6 5 4 5 4 | 8 7 8 7 6 5 | 6 5 6

System 3: Melodic line starts with a double bar line and repeat sign. Chord symbols: A, D, A, G. Fingering line: 5 5 6 4 5 6 7 8 | 5 5 6 4 5 6 7 8 | 5 5 6 4 5 6 5 4 5 | 7 6 5 4 8 7

System 4: Melodic line starts with a double bar line and repeat sign. Chord symbols: A, D, A, D. Fingering line: 5 5 6 4 5 6 7 8 | 5 5 6 4 5 6 7 8 | 7 7 8 6 7 8 9 10 7 | 9 8 7 | 10 9 8

System 5: Melodic line starts with a double bar line and repeat sign. Chord symbols: A, E, A, D/F#. Fingering line: 7 7 8 6 7 6 5 4 | 7 7 8 6 7 6 5 | 9 | 5 5 6 4 5 4 3 2 3 2 3 2 | 2 3 4

11 A D A G

13 A D

15 A D/F#

17 A E A G

19 A Gbm D B A F C A E



TRACK 10

Workout 10

Let's finish the chapter with a high-energy rock groove! Make note of the fingerings.

Sheet music for Workout 10, featuring a bass line in 4/4 time. The key signature has one flat (Bb). The music is divided into six systems, each with a staff and a corresponding fingering line.

System 1: Chords: D5, F5 E5 C5, D5, G5 A5 C5. Fingering: 3 4 5 5 5 5 5 5 5 5 3 2 3 | 3 4 5 5 5 5 5 5 5 5 3 5 3

System 2: Chords: D5, F5 E5 C5, D5, G5, A5. Fingering: 3 4 5 5 5 5 5 5 5 5 3 2 3 | 3 4 5 3 4 5 5 6 7 5 6 7 5 7 3 5

System 3: Chords: D5, F5 E5 C5, D5, G5 A5 C5. Fingering: 3 4 5 5 5 5 5 5 5 5 3 2 3 | 3 4 5 5 5 5 5 5 5 3 5 3

System 4: Chords: D5, F5 E5 C5, D5, G5, D5, C5. Fingering: 3 4 5 5 5 5 5 5 5 5 3 2 3 | 3 4 5 3 4 5 3 4 5 3 4 5 3 5 3

System 5: Chords: D5, G5, A5, D5, G5, D5, C5. Fingering: 3 4 5 3 4 5 5 6 7 5 6 7 | 5 3 5 | 3 4 5 3 4 5 3 4 5 3 4 5 3 5 3

System 6: Chords: D5, C5, D5, D5. Fingering: 7 5 6 7 5 7 6 5 3 5 3 5 | 3 4 5 5 5 5 5 5 3 4 5 3 5 3 5

13

G5 G#5 A5 D5

15

F5 G5 D5

17

G5 G#5 A5 D5

19

D5 F5

21

D5 F5

23

D5 C5 D5 F5

25

D5 G5

27

D5 F5 D5 F5 D5 C5 C#5 D5

CHAPTER 2

SCALES & ARPEGGIOS



TRACK 11

From the beginning, we've all been told that we need to practice our scales and arpeggios. If that's the case, then why not groove on 'em and have a little fun? That's exactly what we'll be doing in this chapter!

Workout 11

Workout #11 is a slow blues, taking full advantage of scale runs throughout. Notice the half-time feel in the drums. Also, the B $\flat$ notes, which are not part of a G major scale, give this one a bluesier sound.

G7

C7

G7

D7 **C7**

21 G7 D7

25 G7

29

33 C7

36 G7

39 D7

42 C7

45 G7 D7



TRACK 12

Workout 12

Workout #12 has a bit of a funk/R&B feel with a triplet subdivision and a middle part that swings!



First system of musical notation (measures 1-4). The bass staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The guitar staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5.

Second system of musical notation (measures 5-8). The bass staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The guitar staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5.

Third system of musical notation (measures 9-12). The bass staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The guitar staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5.

Fourth system of musical notation (measures 13-16). The bass staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The guitar staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5.

Fifth system of musical notation (measures 17-19). The bass staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The guitar staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5.

Sixth system of musical notation (measures 20-22). The bass staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The guitar staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5.

23

E B A E 2 A E

26

B E A E B7

29

E A E B7 E A E

33

E5

37

40

B 3 E5



Now let's play one with a triplet subdivision and a quasi-rock/reggae/jazz feel!

Now let's play one with a triplet subdivision and a quasi-rock/reggae/jazz feel!

14

E7

B7

4 2 5 2 4 0 0 2 7 6 9 6 7 6 9 7 6 9

17 E7 B7

20 G#7 C#m7 F#7

23 B7 F#7 B7

26 E7 B7

29 E7 B7

32 G#7 C#m7 F#7

35 B7 G#m7 C#m7 F#7 C#m7 F#7



TRACK 14

Workout 14

This example is patterned after a jazz/rock waltz. Have fun!

First system of music notation. The staff shows a bass line in 3/4 time with a key signature of two flats (Bb, Eb). The notes are: C2 (half), D2 (quarter), E2 (quarter), F2 (quarter), G2 (quarter), A2 (quarter), Bb2 (quarter), C3 (half). The fingering below the staff is: 3 3 6 5 | 6 5 6 | 5 6 5 | 5 5 3 2.

Second system of music notation. The staff shows a bass line in 3/4 time with a key signature of two flats (Bb, Eb). The notes are: C2 (half), D2 (quarter), E2 (quarter), F2 (quarter), G2 (quarter), A2 (quarter), Bb2 (quarter), C3 (half). The fingering below the staff is: 3 3 6 5 | 6 5 6 | 5 6 5 | 5 2 4.

Third system of music notation. The staff shows a bass line in 3/4 time with a key signature of two flats (Bb, Eb). The notes are: C2 (half), D2 (quarter), E2 (quarter), F2 (quarter), G2 (quarter), A2 (quarter), Bb2 (quarter), C3 (half). The fingering below the staff is: 5 3 6 5 | 6 5 6 | 5 6 5 | 5 5 3 2.

Fourth system of music notation. The staff shows a bass line in 3/4 time with a key signature of two flats (Bb, Eb). The notes are: C2 (half), D2 (quarter), E2 (quarter), F2 (quarter), G2 (quarter), A2 (quarter), Bb2 (quarter), C3 (half). The fingering below the staff is: 3 3 3 6 5 | 6 5 6 | 5 6 5 | 5 2 4.

Fifth system of music notation. The staff shows a bass line in 3/4 time with a key signature of two flats (Bb, Eb). The notes are: C2 (half), D2 (quarter), E2 (quarter), F2 (quarter), G2 (quarter), A2 (quarter), Bb2 (quarter), C3 (half). The fingering below the staff is: 5 7 8 5 | 6 5 8 | 5 4 7 | 5 7 8 7 8 7.

Sixth system of music notation. The staff shows a bass line in 3/4 time with a key signature of two flats (Bb, Eb). The notes are: C2 (half), D2 (quarter), E2 (quarter), F2 (quarter), G2 (quarter), A2 (quarter), Bb2 (quarter), C3 (half). The fingering below the staff is: 5 7 8 5 | 6 8 5 | 6 5 3 6 5 4 | 3 4 3 4 3 2.

25 Cm 1 Ab G7 Cm

3 5 6 3 | 4 3 6 | 3 2 5 | 3 5 6 3 5 4

29 Ab G7 Cm

5 7 8 5 | 6 8 5 | 6 5 3 6 5 5 | 3 4 3 | 3 4 3

34 Ab

3 4 3 | 3 4 3 | 3 5 6 5 3 6 | 4 3 6

38 G7 Cm 1 1 1 Ab

3 2 5 | 3 5 6 5 3 2 | 3 5 6 3 | 4 3 6

42 G7 Cm Ab

3 2 5 | 3 5 6 3 5 4 | 5 7 8 5 | 6 5 8

46 G7 Cm Ab

5 4 7 | 5 7 8 7 8 7 | 5 7 8 7 5 8 | 6 8 5 5

50 G7 Cm

6 5 3 6 5 3 | 3 4 3 | 3 4 3 | 3 4 3 | 3



TRACK 15

Workout 15

This workout, though somewhat traditional, is played over a soft rock beat. It's a great exercise for nailing those arpeggios. Go for it!

First system of musical notation. The top staff is in bass clef with a key signature of three sharps (F#, C#, G#) and a 4/4 time signature. It contains a melodic line with notes and rests, with chord labels E, B, E, and B above it. The bottom staff is a single-line bass line with fret numbers (7, 6, 9, 7, 6, 9, 9, 7, 6, 9, 9, 7, 7, 6, 9, 7, 7, 6, 9, 9, 9, 7).

Second system of musical notation. The top staff continues the melodic line with chord labels E, B, and E above it. The bottom staff continues the bass line with fret numbers (8, 6, 9, 7, 6, 9, 7, 7, 7, 6, 9, 7, 6, 9, 9, 7, 6, 9, 9, 7, 7, 6, 9, 7).

Third system of musical notation. The top staff continues the melodic line with chord labels B, E, E, and B above it. The bottom staff continues the bass line with fret numbers (7, 6, 9, 7, 6, 9, 9, 9, 8, 6, 9, 7, 6, 9, 7, 13, 14, 13, 14, 13, 11, 14, 11).

Fourth system of musical notation. The top staff continues the melodic line with chord labels A, E, B, A, and B above it. The bottom staff continues the bass line with fret numbers (12, 11, 14, 12, 11, 14, 11, 13, 14, 13, 11, 14, 13, 11, 14, 13, 11, 9, 7, 6, 9, 6, 7).

Fifth system of musical notation. The top staff continues the melodic line with chord labels E, B, A, E, and B above it. The bottom staff continues the bass line with fret numbers (13, 14, 13, 14, 13, 11, 14, 11, 12, 11, 14, 12, 11, 14, 11, 13, 14, 13, 11, 14, 13, 11, 14, 11).

16 A B E E B E

19 B E E

22 B E

25 B

28 E E B E

31 B E



TRACK 16

Workout 16

Workout #16 is a funky little groove with plenty of scale runs to boot!

B $\flat$ 7

8 8 6 8 8 8 | 8 8 6 8 7 5 8 6 5 8 | 8 8 6 8 6 8 8 6 6

4

8 6 8 6 8 6 8 6 9 | 8 6 8 6 8 8 6 6 | 8 8 6 8 7 5 8 6 5 8 5

7

B $\flat$ 9

8 6 8 6 8 8 6 6 | 8 6 8 6 8 6 4 1 | 1 1 4 1 4 1 4 1 1

10

1 1 4 1 4 1 4 1 3 1 | 1 1 4 1 4 1 4 1 1 | 1 1 4 1 3 1 3 1 4 1 4 1

13

1 1 4 1 4 1 4 1 1 | 1 1 4 1 4 1 4 1 3 1 | 1 1 4 1 4 1 4 1 1 1

16 $E\flat 13$ $B\flat 7$

1 4 6 8 6 7 8 8 6 8 8 6 8 10 7 8 6 8

19

8 8 6 8 6 8 8 6 8 6 8 6 8 6 9 6 8 6 8 8 6 6

22

8 8 6 8 7 5 8 6 5 8 5 6 8 6 8 8 6 6 8 6 8 6 4 1

25 $B\flat 9$

1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 3 1 3

27

1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 3 1 3

29

1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 3 1 3

31

1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 3 1 3



TRACK 17

Workout 17

This workout contains variations on an R&B groove, with a special bass feature in the middle. You can have fun showing off, without even realizing you're practicing your minor scales and arpeggios!

Sheet music for Workout 17, featuring a bass line and guitar accompaniment. The key signature is C major (one sharp, F#), and the time signature is 4/4. The piece is divided into measures, with measure numbers 4, 7, 10, 13, and 15 indicated.

Measures 1-3: Chords: C#m7, F#m7, G#m7#5, C#m7. Bass line: 6 4 4 6 4 6 0 2 3 4 4 2 4 2 3 4 6 4 6 4 6 0.

Measures 4-6: Chords: F#m7, G#m7, C#m7, F#m7, G#m7. Bass line: 2 3 4 4 2 4 2 4 2 3 4 6 4 6 4 6 0 2 3 4 2 4 2 4 2 3.

Measures 7-9: Chords: C#m7, F#m7, G#m7, C#m7. Bass line: 4 6 4 6 4 6 0 2 3 4 4 2 4 2 3 4 6 4 6 4 6 4 0.

Measures 10-12: Chords: F#m7, G#7, C#m7, F#m7, G#7. Bass line: 2 3 4 2 2 4 2 3 4 6 4 6 8 9 8 6 4 7 6 4 0 2 3 4 2 2 4 2 4 2 3.

Measures 13-15: Chords: C#m7, F#m7, G#7. Bass line: 4 6 4 6 4 6 4 6 4 2 4 2 3 4 2 2 4 2 3.

Measures 16-18: Chords: C#m7, F#7, G#7. Bass line: 4 6 4 6 8 9 8 6 4 7 6 4 0 2 3 4 2 2 4 2 4 2 3.

17 $C\sharp m7$ $G\sharp m7$

4 7 4 5 4 7 4 7 4 6 4 6 4 6 | 4 7 4 5 4 7 4 2 4 2 4 2 2 4 2

19 $C\sharp m7$ $F\sharp m7$ $G\sharp m7$

4 7 4 5 4 7 4 7 4 6 4 6 4 6 | 4 7 4 2 4 2 4 0 2 2 3 4 4 2 4

21 $C\sharp m7$ $G\sharp m7$

4 7 4 5 4 7 4 7 4 6 4 6 4 6 | 4 7 4 5 4 7 4 2 4 2 4 2 2 4 2

23 $C\sharp m7$ $G\sharp m7$

4 7 4 5 4 7 4 7 4 6 4 6 4 6 | 4 7 4 2 4 2 4 2 4 2 0 2 2 4 2

25 $C\sharp m7$ $F\sharp m7$ $G\sharp m7$ $C\sharp m7$

4 6 4 6 4 6 4 6 0 | 2 3 4 4 2 4 2 3 | 4 6 4 6 4 6 4 2 4 2 0

28 $F\sharp m7$ $G\sharp m7$ $C\sharp m7$ $F\sharp m7$ $G\sharp m7$

2 3 4 4 2 4 2 4 2 3 | 4 6 4 6 4 6 4 6 0 | 2 3 4 2 4 2 4 2 3

31 $C\sharp m7$ $F\sharp m7$ $G\sharp m7$ $C\sharp m7$

4 6 4 6 8 9 8 6 4 7 6 4 0 | 2 3 4 2 2 0 2 4 2 4 .



TRACK 18

Workout 18

Here's another one to keep your fingers moving. As in the previous workout, the minor key gives this one its flavor.

Sheet music for Workout 18, featuring bass clef notation, 4/4 time signature, and various chords (Dm, Em7b5, A) and fingerings (1, 3, 5, 7, 8, 10).

The music is organized into six systems, each with a staff and a corresponding numbered line of fingerings below it. The key signature is one flat (Bb).

System 1: Chords: Dm, Em7b5, A, Dm, Em7b5, A. Fingering: 5 5 5 7 8 7 5 6 7 5 8 7 | 5 6 5 | 5 5 5 7 8 7 5 6 7 6 5 7 8 5 7.

System 2: Chords: Dm, Em7b5, A, Dm, A. Fingering: 5 5 5 7 8 7 5 6 7 5 8 7 7 8 7 | 7 5 7 9 10 9 7 5 7 5 7 5 7 5.

System 3: Chords: Dm, Em7b5, A, Dm, Em7b5, A. Fingering: 5 5 5 7 8 7 5 6 7 5 8 5 7 8 5 7 | 5 5 5 7 8 7 5 6 7 6 7 5 7 8 5 7.

System 4: Chords: Dm, Em7b5, A, Dm, Em7b5, A. Fingering: 5 5 5 7 8 7 5 6 7 5 8 5 7 7 8 7 | 10 9 7 5 7 5 8 7 8 7 5 8 7 7 5 5.

System 5: Chords: Dm, C, Bb, A, Dm, C, Bb, A. Fingering: 5 8 6 5 7 8 5 7 8 5 7 | 5 7 8 5 7 5 8 5 8 7 5.

System 6: Chords: Dm, C, Bb, A, Dm, C, Bb, A. Fingering: 5 8 6 5 7 5 8 7 5 8 7 | 5 7 8 5 6 5 3 5 6 5 3.

13

5 6 5 3 5 6 5 3 5 6 3 6 5 3 1 3 5 6 5 3 5 6 5 3 5 6 3 5 3 6 5 3

15

5 6 5 3 5 6 5 3 5 6 5 3 5 3 1 3 5 6 5 3 5 6 5 3 5 6 8 5 7 8 5 7

17

Dm C Bb A Dm C Bb A

7 5 8 7 8 7 5 7 5 8 7 5 7 8 5 7 5 7

19

Dm C Bb A Dm C Bb A

7 9 10 7 7 8 5 7 8 5 7 5 7 8 7 10 9 7 7 8 7 5

21

Dm Em7b5 A Dm Em7b5 A

5 5 5 7 8 7 5 6 7 5 8 7 5 6 5 5 5 7 8 7 5 6 7 6 5 7 8 5 7

23

Dm Em7b5 A Dm A

5 5 5 7 8 7 5 6 7 5 8 7 7 8 7 7 5 7 9 10 9 7 5 7 5 7 5 7 5

25

Dm Em7b5 A

5 5 5 7 8 5 8 7 7 9 10 9 7 7 8 5 5 5 7 8 7 5 6 7 5 8 5 7 8 5 7

27

Dm Em7b5 A Dm Bb A

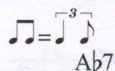
5 5 5 7 8 5 8 7 7 10 9 7 5 8 7 8 5 5 7 8 7 5 6 7 6 5 7 8 5 7 5 6 5



TRACK 19

Workout 19

Workout #19 is another blues pattern with a triplet feel—this time with plenty of triplet patterns! Be sure to articulate every single note.



First system of musical notation for Workout 19, measures 1-3. The key signature is three flats (Bb, Eb, Ab) and the time signature is 4/4. The notation includes a bass staff with a triplet feel and a guitar staff with fret numbers (4, 4, 6, 3, 4, 3, 6, 3, 4, 3, 4, 3, 6, 3, 4, 6).

Second system of musical notation for Workout 19, measures 4-6. The key signature is three flats (Bb, Eb, Ab) and the time signature is 4/4. The notation includes a bass staff with a triplet feel and a guitar staff with fret numbers (4, 4, 6, 3, 4, 3, 6, 3, 4, 3, 4, 3, 6, 3, 4, 6).

Third system of musical notation for Workout 19, measures 7-9. The key signature is three flats (Bb, Eb, Ab) and the time signature is 4/4. The notation includes a bass staff with a triplet feel and a guitar staff with fret numbers (4, 4, 6, 3, 4, 3, 6, 3, 4, 3, 4, 3, 6, 3, 4, 6).

Fourth system of musical notation for Workout 19, measures 10-12. The key signature is three flats (Bb, Eb, Ab) and the time signature is 4/4. The notation includes a bass staff with a triplet feel and a guitar staff with fret numbers (6, 6, 8, 5, 6, 5, 8, 5, 6, 5, 6, 5, 8, 5, 6, 8).

Fifth system of musical notation for Workout 19, measures 13-15. The key signature is three flats (Bb, Eb, Ab) and the time signature is 4/4. The notation includes a bass staff with a triplet feel and a guitar staff with fret numbers (4, 4, 6, 3, 4, 3, 6, 3, 4, 3, 4, 3, 6, 3, 4, 6).

Sixth system of musical notation for Workout 19, measures 16-18. The key signature is three flats (Bb, Eb, Ab) and the time signature is 4/4. The notation includes a bass staff with a triplet feel and a guitar staff with fret numbers (4, 4, 6, 3, 4, 3, 6, 3, 4, 3, 4, 3, 6, 3, 4, 6).

19 $E\flat 7$ $A\flat 7$

23 $D\flat 7$

26 $A\flat 7$

29 $E\flat 7$

32 $D\flat 7$

35 $A\flat 7$

38 $E\flat 7$



TRACK 20

Workout 20

Workout #20 is also a triplet-laden blues, but with more of a rock/shuffle feel. This one will give you a good workout for grooving on a G major scale. After you get this one down, try it in some other keys. You won't regret it!

Music notation for Workout 20, featuring a G major scale and various chords (G7, C7, D7, Db7) with triplet and shuffle rhythms. The notation includes a key signature of one sharp (F#) and a 4/4 time signature.

Measure 1: G7. Bass line: G4, A4, B4, G4, F#4, E4, D4. Fingering: 5, 5, 3, 3, 5, 3, 5, 2, 4, 5, 5, 3.

Measure 2: C7. Bass line: G4, A4, B4, G4, F#4, E4, D4. Fingering: 4, 5, 2, 5, 3, 2, 3, 5, 3, 3, 5, 2, 3, 2, 5, 3, 2, 5, 3, 2, 5, 3.

Measure 3: D7. Bass line: G4, A4, B4, G4, F#4, E4, D4. Fingering: 5, 2, 3, 2, 3, 5, 3, 5, 2, 2, 3, 4, 5, 5, 7, 4.

Measure 4: Db7, C7. Bass line: G4, A4, B4, G4, F#4, E4, D4. Fingering: 5, 4, 7, 5, 4, 7, 5, 4, 6, 3, 3, 5, 2, 3, 2, 5, 3, 2, 5, 3, 2, 5, 3.

Measure 5: G7. Bass line: G4, A4, B4, G4, F#4, E4, D4. Fingering: 3, 3, 5, 3, 5, 2, 3, 2, 3, 5, 3, 5, 2, 5, 2, 4.

Measure 6: D7, G7. Bass line: G4, A4, B4, G4, F#4, E4, D4. Fingering: 5, 5, 3, 4, 5, 3, 4, 5, 7, 4, 5, 2, 5, 5, 3, 5.

18

7 8 5 7 9 5 7 9 10 7 9 11 12 12 10

20

10 9 7 10 9 7 10 8 7 10 8 7 8 8 10 10 7 10 8 10 7 10 8 10 8 7 8 9

23

10 10 12 12 9 12 10 12 9 12 10 9 12 10 9 12 10 10 12 12 9 12 10 10

26

10 12 9 12 10 9 12 9 10 9 8 8 10 10 7 10 8 10 7 10 8 7 5 7 8 7

29

5 5 3 3 5 2 3 2 3 5 3 5 2 5 2 4

31

5 5 3 3 2 5 2 5 5 5 4 5 4 5 6 7 7 5



TRACK 21

In this chapter, let's continue grooving while we incorporate plenty of string-crossing patterns into each workout. Some of the lines are simple octave patterns, while others involve some pretty intricate skips. As always, make sure to articulate every note clearly. You need to sound like you're grooving, not like you're reading notes!

Workout 21

Let's start our string-crossing workouts with some disco-flavored octave grooves!

1 **D7**

4

7

10

13

16

7 4 5 6 7 4 5 6 7 4 5 6

5 2 3 4 5 2 3 4 5 2 3 4

19

D7

7 4 5 6 7 5 4 7 7 4 5 7 7 5 4 7

5 2 3 4 5 5 5 5 5 2 3 5 5 5 5 5

23

7 11 7 5 4 7 7 4 5 7 7 5 4 7

5 9 10 11 12 0 5 5 5 5 2 3 5 5 5 5

27

7 4 5 6 7 5 4 7 7 4 5 7 7 5 4 7

5 2 3 4 5 5 5 5 5 2 3 5 5 5 5 5

31

A7

7 11 7 5 4 7 7 4 5 6 7 7 7 7

5 9 10 11 12 0 5 5 5 5 2 3 4 5 5 5 5

35

D7

6 5 7 7 7 7 7 7 7 4 5 6 7 4 5 6

5 5 5 5 5 5 5 5 5 2 3 4 5 2 3 4

39

7 4 5 6 7 4 5 6 7 4 5 6 7 7

5 2 3 4 5 2 3 4 5 2 3 4 5 5



TRACK 22

Workout 22

This octave workout makes use of several patterns that cross over all the strings. Notice how the minor key signature gives this one its own characteristic sound.

First system of the octave workout, starting with a C#m7 chord. The notation shows a bass line with a 4/4 time signature and a key signature of three sharps (F#, C#, G#). The fretboard diagram below the staff shows fingerings for the first four frets: 6, 9, 4, 6, 4, 6, 9, 4, 6, 4, 7, 2, 4, 4, 4, 2, 4, 4, 7, 2.

Second system of the octave workout, starting with a G#7#9 chord and a C#m7 chord. The notation shows a bass line with a 4/4 time signature and a key signature of three sharps (F#, C#, G#). The fretboard diagram below the staff shows fingerings for the first four frets: 6, 4, 6, 4, 6, 6, 4, 6, 6, 9, 4, 6, 6, 6, 2, 4, 4, 4, 6, 2.

Third system of the octave workout, starting with a G#7#9 chord and a C#m7 chord. The notation shows a bass line with a 4/4 time signature and a key signature of three sharps (F#, C#, G#). The fretboard diagram below the staff shows fingerings for the first four frets: 6, 9, 4, 6, 4, 3, 4, 6, 6, 2, 4, 0, 2, 4, 4, 7.

Fourth system of the octave workout, starting with a G#7#5 chord. The notation shows a bass line with a 4/4 time signature and a key signature of three sharps (F#, C#, G#). The fretboard diagram below the staff shows fingerings for the first four frets: 6, 9, 8, 4, 6, 4, 0, 2, 4, 5, 5, 6, 5, 4, 4, 4, 4, 7.

Fifth system of the octave workout, starting with a C#m7 chord. The notation shows a bass line with a 4/4 time signature and a key signature of three sharps (F#, C#, G#). The fretboard diagram below the staff shows fingerings for the first four frets: 6, 2, 4, 4, 7, 4, 7, 6, 2, 4, 6, 4, 0, 2, 4, 3, 5.

16 **G#7#5** **C#m7**

5 6 5 | 6 9 4 | 6 6 4

19 **G#7#5** **C#m7**

6 9 4 | 6 4 6 6 | 6 9 4

22 **G#7#5**

6 6 4 | 6 9 4 | 6 4 3 4 6

25 **C#m7**

6 4 2 4 | 6 9 8 4 | 6 2 4 5

28 **G#7#5** **C#m7**

5 6 5 | 6 2 4 | 6 9 8 4

31 **G#7#5** **C#m7**

6 4 2 4 5 | 5 6 5 6 | 5 6 5 | 4 4



TRACK 23

Workout 23

These root-fifth-octave patterns are quite common in bass parts. Workout #23 provides three variations that will really help you get them under your fingers.

First system of musical notation (measures 1-3). Chords: E9, D#9, D9. Fingering: 7 9 9 7 9 7 7 | 9 9 9 8 7 7 5 7 5 5.

Second system of musical notation (measures 4-6). Chords: D#9, E9, D#9, D9. Fingering: (5) 7 7 5 5 6 8 | 7 9 9 7 9 7 7 | 9 9 9 8 7 7 5 7 5 5.

Third system of musical notation (measures 7-9). Chords: C#9, C9, B7#9. Fingering: (5) 7 7 5 5 4 6 | 3 5 5 3 5 3 3 | 5 5 5 5 3 3 | 2 4 4 2 4 2.

Fourth system of musical notation (measures 10-12). Chords: D9, D#9, E9, D9. Fingering: (2) 4 4 2 5 6 8 || 7 9 9 7 9 7 10 | 7 9 9 7 9 7 7 | 5 7 7 5 7 5 8.

Fifth system of musical notation (measures 13-15). Chords: E9, D9. Fingering: 5 7 7 5 7 5 5 | 7 9 9 7 9 7 10 | 7 9 9 7 9 7 7 | 5 7 7 5 7 5 8.

Sixth system of musical notation (measures 16-18). Chord: C9. Fingering: 5 7 7 5 7 5 5 | 3 5 5 3 5 3 6 | 3 5 5 3 5 3 3.

23 **B7^{#9}_{#5}** **D9** **D^{#9}** **E9**

2 4 4 2 4 2 5 | 2 4 4 2 5 6 8 || 7 9 9 7 9 7 7

26 **D9**

9 9 9 7 9 7 7 | 5 7 7 5 7 5 5 | 7 7 7 5 7 5 5

29 **E9** **D9**

7 9 9 7 9 7 7 | 9 9 9 7 9 7 7 | 5 7 7 5 7 5 5

32 **C9**

7 7 7 5 7 5 5 | 3 5 5 3 5 3 3 | 5 5 5 3 5 3 3

35 **B7^{#9}_{#5}** **E9**

2 4 4 2 4 2 2 | 4 4 4 2 4 2 2 || 7 9 9 7 9 7 7 | 9 9 9 8 7 7 6

39 **D9** **D^{#9}** **E9**

5 7 7 5 7 5 5 | 7 7 5 5 7 6 8 | 7 9 9 7 9 7 7

42 **D^{#9}** **D9** **D^{#9}** **E9**

9 9 9 8 7 7 5 7 5 5 | 7 7 5 5 7 6 8 | 7 9 9 9 7 7 7



TRACK 24

Workout 24

Workout #24 is a minor blues. Don't brush over any notes; they must all be articulated!

Sheet music for Workout 24, a minor blues in 4/4 time. The music is written in bass clef with a key signature of two flats (Bb and Eb). The piece consists of 16 measures, divided into four systems of four measures each. The notation includes eighth and sixteenth notes, rests, and fingerings (numbers 1-5). Chord symbols are placed above the staff: Cm7 (measures 1-3, 7-9, 13-15), Fm7 (measures 4-6), G7#9 (measures 10-12), and F7 (measures 11-12). Measure numbers 1, 4, 7, 10, 13, and 16 are indicated at the start of their respective systems. The final measure (16) ends with a sharp sign (#) on the eighth note, indicating a key change or modulation.

20 Cm7

23 Fm7

26

29 Cm7

32 G7#9

35 F7 Cm7

38 G7#9



TRACK 25

Workout 25

Here is another pattern based on a minor blues. Be sure to follow the fingerings so you don't leave out any notes.

Sheet music for Workout 25, featuring a bass line and a guitar line. The key signature is one flat (Bb) and the time signature is 4/4. The piece is marked with a Gm7 chord.

The music is divided into measures, with measure numbers 4, 7, 10, and 13 indicated. The bass line and guitar line are shown on separate staves. The guitar line includes fingerings (1, 2, 3) and a Gm7 chord marking.

Measure 4: Bass line starts with a Gm7 chord. The guitar line begins with a Gm7 chord and a G note.

Measure 7: The bass line continues with a Gm7 chord. The guitar line includes a Gm7 chord and a G note.

Measure 10: The bass line continues with a Gm7 chord. The guitar line includes a Gm7 chord and a G note.

Measure 13: The bass line continues with a Gm7 chord. The guitar line includes a Gm7 chord and a G note.

16 Cm7

19

21 Gm7

24 D5

27 C5

29 Gm7 D5



Workout #26 is a slow modern blues with lots of sixteenth-note arpeggios. Play it cleanly. Remember: *Every note is important.*

Workout #26 is a slow modern blues with lots of sixteenth-note arpeggios. Play it cleanly. Remember: *Every note is important.*

[illegible]

11 $E\flat 7$

13 $A\flat 7$

15 $E\flat 7$

17 $B\flat 7$ $A\flat 7$

19 $E\flat 7$ $B\flat 7$



TRACK 27

Workout 27

Workout #27 demonstrates what you can do with just two chords. Again, follow the fingerings.

Sheet music for Workout 27, featuring bass clef notation and guitar tablature. The piece is in 4/4 time and consists of 16 measures, divided into four systems of four measures each. The key signature has one flat (Bb).

System 1 (Measures 1-4):

- Measure 1: Csus2 (Fingerings: 1, 2, 3, 4)
- Measure 2: Bbsus2 (Fingerings: 1, 2, 3, 4)
- Measure 3: Csus2 (Fingerings: 1, 2, 3, 4)
- Measure 4: Bbsus2 (Fingerings: 1, 2, 3, 4)

System 2 (Measures 5-8):

- Measure 5: Csus2 (Fingerings: 1, 2, 3, 4)
- Measure 6: Bbsus2 (Fingerings: 1, 2, 3, 4)
- Measure 7: Csus2 (Fingerings: 1, 2, 3, 4)
- Measure 8: Bbsus2 (Fingerings: 1, 2, 3, 4)

System 3 (Measures 9-12):

- Measure 9: Csus2 (Fingerings: 1, 2, 3, 4)
- Measure 10: Bbsus2 (Fingerings: 1, 2, 3, 4)
- Measure 11: Csus2 (Fingerings: 1, 2, 3, 4)
- Measure 12: Bbsus2 (Fingerings: 1, 2, 3, 4)

System 4 (Measures 13-16):

- Measure 13: Bbsus2 (Fingerings: 1, 2, 3, 4)
- Measure 14: Csus2 (Fingerings: 1, 2, 3, 4)
- Measure 15: Bbsus2 (Fingerings: 1, 2, 3, 4)
- Measure 16: Csus2 (Fingerings: 1, 2, 3, 4)

The guitar tablature shows fret numbers (0-12) and fingerings (1-4) for each measure. The piece concludes with a double bar line at the end of measure 16.

19 Csus2 Bbsus2 Csus2 Bbsus2

22 Csus2 Bbsus2 Csus2 Bbsus2 Csus2

25 Csus2 Bbsus2 Csus2

28 Bbsus2 Csus2 Bbsus2 Csus2 Bbsus2

31 Csus2 Bbsus2 Csus2 Bbsus2

34 Csus2 Bbsus2 Csus2 Bbsus2 Csus2



Workout 28

Workout #28 is another example of a two-chord pattern. (The G chord isn't counted here, since it's a quick passing chord between the G $\flat$ and A $\flat$ chords.)

First system of musical notation (measures 1-3). The key signature is three flats (B $\flat$, E $\flat$, A $\flat$) and the time signature is 4/4. The first measure is marked with an A $\flat$ chord. The notation includes a bass staff with eighth-note patterns and a guitar staff with fret numbers (4, 3, 6, 3, 5, 6, 3, 6, 4, 3, 6, 3, 3, 3, 6, 4, 3, 6, 3, 5, 6, 3, 6).

Second system of musical notation (measures 4-6). The notation includes a bass staff with eighth-note patterns and a guitar staff with fret numbers (4, 3, 6, 3, 3, 3, 6, 2, 1, 4, 1, 3, 4, 1, 4, 2, 1, 4, 1, 1, 1, 4).

Third system of musical notation (measures 7-9). The notation includes a bass staff with eighth-note patterns and a guitar staff with fret numbers (2, 1, 4, 1, 3, 4, 1, 4, 2, 1, 4, 1, 2, 3, 4, 4, 3, 6, 3, 5, 6, 3, 6). The chords G and A $\flat$ are indicated above the staff.

Fourth system of musical notation (measures 10-12). The notation includes a bass staff with eighth-note patterns and a guitar staff with fret numbers (4, 3, 6, 3, 3, 3, 6, 4, 3, 6, 3, 5, 6, 3, 6, 4, 3, 6, 3, 3, 3, 6).

Fifth system of musical notation (measures 13-15). The notation includes a bass staff with eighth-note patterns and a guitar staff with fret numbers (4, 3, 6, 4, 2, 1, 4, 2, 4, 3, 6, 3, 5, 6, 3, 6, 4, 3, 6, 4, 2, 1, 4, 2, 4, 5, 3, 6, 3, 3, 6). The chords A $\flat$, G $\flat$, and A $\flat$ are indicated above the staff.

17

Gb Ab Gb

4 3 6 4 2 1 4 2 | 4 3 6 3 3 3 6 | 4 3 6 4 2 1 4 2

20

Ab

6 4 3 5 3 3 6 || 4 3 6 3 5 6 3 6 | 4 3 6 3 3 3 6

23

Gb

5 3 6 3 6 3 6 | 4 3 6 3 3 3 6 | 2 1 4 1 4 1 4

26

G

1 1 1 4 | 2 1 4 1 3 4 1 4 | 2 1 4 1 2 3 3

29

Ab

5 3 6 3 6 3 6 | 4 3 6 3 3 3 6 | 4 3 6 3 6 3 6

32

3 3 3 6 | 4 3 6 3 6 6 6 | 5 8 5 8 13



TRACK 29

Workout 29

This one will perk you up! There's a lot of skipping around, so read the notes carefully. The CD should help.

First system of musical notation (measures 1-2). The staff shows notes and fingerings (e.g., 7, 5, 4, 5, 6, 7, 5, 9, 7, 5, 7, 4, 5, 3). Chord labels A5, D5, C5, G#5 are present above the staff.

Second system of musical notation (measures 3-4). The staff shows notes and fingerings (e.g., 7, 5, 5, 4, 5, 6, 7, 5, 5, 5, 4, 8, 5, 5, 7, 5, 6). Chord labels A5, D5, C5, G#5 are present above the staff.

Third system of musical notation (measures 5-6). The staff shows notes and fingerings (e.g., 7, 5, 5, 4, 5, 6, 7, 5, 5, 5, 4, 8, 5, 5, 7, 5, 6). Chord labels A5, D5, C5, G#5 are present above the staff.

Fourth system of musical notation (measures 7-8). The staff shows notes and fingerings (e.g., 7, 5, 5, 4, 5, 6, 7, 5, 5, 5, 4, 3, 5, 5, 2, 5, 6). Chord labels A5, D5, C5, G#5 are present above the staff.

Fifth system of musical notation (measures 9-10). The staff shows notes and fingerings (e.g., 7, 5, 3, 5, 7, 5, 3, 7, 5, 3, 5, 7, 5, 4, 5, 3). Chord labels A5, G5, A5, C5, A5, G5, A5, G5 are present above the staff.

11

A5 G5 A5 C5 A5 G5 A5 4 4 G5

7 7 3 5 7 7 5 3 7 7 3 5 7 5 4 5 3

13

A5 G5 A5 C5 A5 G5 A5 G5

7 5 3 3 5 5 5 3 7 5 3 3 5 3 5 7 5 7 3 5

15

A5 G5 A5 C5 A5 G5 A5 G#5

7 5 3 3 5 5 7 5 5 7 5 3 5 3 3 5 5 7 5 6 3 4

17

A5 D5 C5 G#5 A5 D5 C5 G5

7 7 5 5 7 5 5 4 5 6 7 7 7 5 5 9 7 5 7 4 5 3

19

A5 D5 C5 G#5 A5 D5 C5 G#5

7 7 5 5 7 5 5 4 5 6 7 5 5 5 5 4 3 5 5 7 5 3 4 6

21

A5 G5 A5 G

7 7 5 5 4 3 3 2 3 3 3 4 5 7 7 7 6 5 9 7 5 7 9 5 3

23

A5 G A5 G A5

7 7 5 5 4 3 3 2 3 3 3 4 5 7 7 7 6 5 9 7 5 7 9 5 3 5 5 5 5



Workout 30

Let's close the chapter with a funk/rock groove. I think you'll like this one!

TRACK 30

F#7#9

4

7

10

13

16

B7

F#7#9

19 **B7** **C#7#9**

4 2 4 0 0 2 2 0 2 4 2 4 2 4 0 2 4 4 4 2 4 2 4 4 2 4 4

22 **B7** **F#7#9** **B7**

4 2 4 0 2 2 0 2 4 2 4 2 4 0 2 4 2 4 0 0 2 2 0 2 4 2

25 **C#7#9**

4 2 4 0 2 4 4 4 2 4 2 4 4 2 4 2 5

27 **F#7#9**

0 2 2 2 4 2 5 0 2 2 2 4 2 4 2 0 2 2 2 4 2 5 0 2 2 2 4 2 5

30

4 4 4 2 2 4 2 4 0 2 4 2 2 4 2 5 0 2 2 2 4 2 4 2 4 2

33

4 2 0 2 2 2 4 2 5 0 2 2 4 4 2 2 4 2 4 4 2 4 2 4 2

CHAPTER 4

SLAPPING & POPPING



In this chapter, we'll focus exclusively on funk-style slapping and popping. Our goal is to solidify the basic slapping technique while laying down a groove.

TRACK 31

Workout 31

Workout #31 is a basic funk groove. Make sure every note comes through with the proper articulation and feeling.

C7

T P T P P T P T P P T T T P T P P T

3 5 2 3 5 3 3 2 5 6 3 5 2 3 3 5

4

T P T P P T T T P T P P T P T P P T T

3 5 3 3 2 5 6 3 5 2 3 3 5 3 3 2 5 6

7 **G7**

T P T P P T T P T P P T P T P T P T P P

3 5 2 3 3 5 3 5 3 5 3 3 2 5 3 5 5 2 3

10

T T P T P P T T T P T P P T T P T P P P T

3 3 5 3 3 2 5 6 3 5 2 3 3 5 3 5 10 9 7 8

13

16

19

22

25

27



TRACK 32

Workout 32

Octave patterns are very popular in funk and funk/disco grooves. As you make your way through these workouts, be sure your playing is even and steady. Listening to the CD will help you capture the right feel.

Bb7#9

1 T P T P T P T P T P T T T T P T P T P T P

2 8 5 6 7 8 6 8 X 6 6 8 6 9 8 5 6 7 6 3 4 5

4 T P T T P P T T P T P T P T P T P T T P T P T T T

5 8 6 8 X 6 6 8 8 6 8 8 5 6 7 8 6 8 X X 6 8 6 9

Bb7#9

7 T P T P T P T P T P P T P P T T T P T P T P T P

8 5 6 7 10 8 6 8 8 8 6 8 6 8 8 8 5 6 7 6 3 4 5

10 T P T T P P T T T T P T P T P T P T P T P T P P T T P

11 8 6 8 X 6 6 8 6 9 8 5 6 7 8 6 8 X 6 8 6 8

Bb7#9

13 T P T P T P T P T P T T P T P T T T T P T P T P T P

14 8 5 6 7 8 6 8 X 6 X 6 8 6 9 8 5 6 7 6 3 4 5

16 Bb7

T P P T P P T T T P T P T P T P T P T P

10 8 6 8 8 8 6 8 6 8 8 6 6 8 5 6 7

6 6 4 4 4 6 6 3 4 5

19

T P T P T P T P T P T P T P T P T P T P

8 6 6 8 6 6 8 6 6 8 6 6 6 6 6 6

6 4 4 4 6 4 4 4 4 4 4 4 4 4 4 4

22

T P T P T P T P T P T P T P T P T P T P

8 5 6 7 8 6 6 6 8 10 8 6

6 3 4 5 6 4 4 4 6 8 6 4

25 Bb7#9

T P T P T P T P T P T T P P T T T T P T P T P T P

8 5 6 7 8 6 8 X 6 6 8 6 9 8 5 6 7

6 3 4 5 6 6 8 X 6 8 6 9 6 3 4 5

28

T P T T P P T T P T P T P T P T P T T P T P T T T

8 6 6 8 8 6 8 8 5 6 7 8 6 X 6 X 6 8 6 9

6 6 8 X 8 8 6 3 4 5 6 6 8 X 6 X 8 6 9

31

T P T P T P T P T P P T P P T T

8 5 6 7 10 8 6 8 8 8 6 6 8

6 3 4 5 6 6 8 8 8 6 6 8



Here's a fun one to groove on. Be sure to articulate the "dead" notes properly to give this groove the right feel. (The muted "dead" notes are shown with X noteheads.)

13

F9 F#9 G9 C Bb G9 F9 F#9

T P T P T T T P T P T T P T P T P T

5 5 5 5 5 5 5 3

3 X 1 2 3 X 5 6 3 X 1 2

16

G9 G9 Bb7

The second system of the musical score, starting at measure 16. It features a bass clef and a key signature of one sharp (F#). The melody is written on a single staff, and the accompaniment is written on a grand staff (treble and bass clefs). The melody includes various note values, rests, and ties, with some notes marked with an 'x'. The accompaniment consists of chords and single notes, with some notes marked with an 'x'. The system is divided into three measures by double bar lines. The first measure contains measures 16-17, the second measure contains measures 18-19, and the third measure contains measures 20-21. The system ends with a double bar line.

T P T T P T T T P T P T P T

5 3 5 X 3 5 X 3 5 3 5 8 6 8 6

3 X 3 6 X 6

19 C⁶₉ G⁹

T P T P P T T P T P T P T T P T P T

10 8 10 5 3 3 5 X 3 5 3 5 5 3 5 3 X 3 5 3 3 5 3

22

Bb7 C9 G9

T P T P T P T T P T P T P T T T T

8 6 8 10 X 8 10 5 3 3 5 3 6

6 X 6 6 8 8 1 3 X X 5 3 6

25

G9 F9 F#9 G9 C Bb G9 F9 F#9

T P T P T T T P T P T T T P T P T T

5 5 5 1 2 3 5 5 3 6 3 5 1 2

28

G9 F9 F#9 G9 C Bb

T P T T P T P T P T T T P T P T T

5 3 5 X 3 X 3 5 5 5 5 5 5 5 6

31

G9 F9 F#9 G9

T P T P T P T T T P T P T T T T P T P

5 5 3 3 5 X 3 X 3 5 X 3 5 X 1 3 5

3 X 1 2 3 3 5 X 3 X 3 5 X 1 3 X



TRACK 34

Workout 34

Let's reinforce our funk technique with workout #34, where we'll add more hammer-ons and octaves.

Sheet music for Workout 34, featuring bass lines and guitar techniques (T, P) across six systems. The key signature is E major (three sharps) and the time signature is 4/4. The music includes various techniques such as hammer-ons (T), pull-offs (P), and octaves (O).

System 1: E5. Techniques: T, T, T, P, T, P, T, T, T, T, T, P, T, P, T, P. Fingering: 5, 7, 0, 4, 5, 7, 5, 5, 7, 0, 10, 9, 11, 5, 7.

System 2: Techniques: T, T, T, P, T, P, T, T, T, T, T, P, T, P, T, T. Fingering: 5, 7, 0, 4, 5, 7, 5, 5, 7, 0, 3, 5, 7, 7, 5.

System 3: Techniques: T, T, T, P, T, P, T, T, T, T, T, P, T, P, T, P. Fingering: 5, 7, 0, 4, 5, 7, 5, 5, 7, 0, 10, 9, 11, 5, 7.

System 4: Techniques: T, T, T, P, T, P, T, T, T, T, T, T, T, T, T, T. Fingering: 5, 7, 0, 4, 5, 7, 5, 5, 7, 0, 3, 5, X, 5, 7, X, 5, 7.

System 5: E7#9. Techniques: T, T, T, T, T, T, T, T, T, T, T, P, T, P. Fingering: 5, 7, 0, 3, 5, 7, 0, 3, 5, 5, 7, 0, 3, 4, 6, 5, 7.

System 6: Techniques: T, T, T, T, T, P, T, T, T, T, P, P, P, T. Fingering: 5, 7, 0, 3, 5, 7, 0, 4, 5, 5, 7, 0, 3, 7, 6, 4, 5.

13

T T T T T T T T T T T T P T P

5 7 0 3 5 7 0 3 5 7 0 3 4 4 5

15

T T T T T P T T T T T T T T

5 7 0 3 5 7 0 4 5 5 7 0 3 5 X 5 7 X 5 7

17

E5

T T T P T P T T T T T P T P T P

5 7 0 4 5 7 5 5 7 0 10 9 5 12 11 7

19

T T T P T P T T T T T P T P T T T T P T P T T

5 7 0 4 5 7 5 5 7 0 3 5 7 5 5 7 0 4 5 7 5

22

T T T P T P T P T T T P T P T T

5 7 0 10 9 5 11 7 5 7 0 4 5 7 5

24

T T T T T T T T T T T P T P T P

5 7 0 3 5 X 5 7 X 5 7 5 7 0 10 9 5 12 11 7

26

T T T T T T T T P T P T P T T T P T T

5 7 0 3 5 X 5 7 X 2 4 5 7 4 6 7 5 5 7



TRACK 35

Workout 35

Workout #35 also makes use of hammer-ons, pull-offs, and slides, but this time we'll switch to a minor key.

Sheet music for Workout 35, featuring bass lines and guitar tablature across six systems. The key signature is D minor (two flats). The music includes various chords (Dm7, Gm7, Am7, C) and techniques like hammer-ons (H), pull-offs (P), and slides (S).

System 1: Dm7 Gm7 Dm7 Gm7 Am7. Bass line: T T P P T P P T T P P T T T. Tab: 3 5 X 3 3 5 7 5 3 3 5 X 3 3 5 3 5 3.

System 2: Dm7 Gm7 Dm7 Gm7 Am7. Bass line: T T P P T P P T T P T T T T T T. Tab: 3 5 X 3 3 5 7 5 3 3 5 X 3 3 5 3 3 3 5 3.

System 3: Dm7 Gm7 Dm7 Gm7 Am7. Bass line: T T P P T P P T T P P T T T T. Tab: 3 5 X 3 3 5 7 5 3 3 5 X 3 3 5 3 5 3.

System 4: Dm7 Gm7 Dm7. Bass line: T T P P T P P T T P T P P. Tab: 3 5 X 3 3 5 7 5 3 3 5 X 5 X 5 5 7.

System 5: Dm7 Am7 Gm C. Bass line: T T P T P P P P T T T T T T T. Tab: 3 5 X 7 X 5 5 5 5 7 7 5 3 5 3 5 3 5.

System 6: Dm7 Gm C. Bass line: T T P T P P P P T T P P T T T T. Tab: 3 5 X 7 X 5 5 5 5 7 5 7 X 5 5 7 5 3 5 3 5.

13 Dm7 Am7 Gm C

T T P T P P P P T T T T T T

15 Dm7 Gm7 Dm7

T T P T P P P P T T P T P P T T T

17 Dm7 Gm7 Dm7 Gm7 Am7

T T P P T P P T T P P T P T T T

19 Dm7 Gm7 Dm7 Gm7 Am7

T T P P T P P T T P T T T T T

21 Dm7 Gm7 Dm7 Gm7 Am7

T T P P T P P T T P P T P T T T

23 Dm7 Gm7 Dm7

T T P P T P P T T P T P P



TRACK 36

Workout 36

Workout #36 makes use of octave patterns, giving it a funk/disco feel. Notice the thumbing gets a little more intricate in certain parts. It's important to really bring it out, so spend some time on this technique.

Eb7#9

T P T P T P T T T P T P T P T P
8 5 6 8 11 10 6
6 3 4 6 4 6 9 8 4

3

T P T P T P T T T T P P T T T
8 5 6 6 8 6 8 4 4 6 4
6 3 4 6 4 6 6 8 6 6 8 4 4 6 4

5

T P T T P T P T T T P T T P T P T P
8 5 6 8 11 10 6
6 3 3 4 6 4 6 9 9 8 4

7

T P T T P T P T T T T T P P T T P T P T T
8 5 6 6 8 6 8 8 5 6
6 3 3 4 6 4 4 6 X 6 8 X 6 6 8 6 6 3 4 6 5

10

T T P T T T T P T T T T P T P T T T T P T T
6 8 6 5 6 6 8
4 4 4 5 6 6 6 9 6 6 3 4 6 5 4 4 4 5 6 6 6 9

13

T T P T T P T T P T T T T P T T T T P T T
8 5 6 6 8
6 6 3 3 4 4 6 5 4 4 4 5 6 6 6 9

15 Eb7#9 Ab Bb

T T P T T P T T P T T T T P T

8 5 6 6 6 3 3 4 4 6 5 4 4 4 5 6 6 8 6 8 6 8

17 Eb7#9

T P T P T P T T T P T P T P T P T P T P T T

8 5 6 8 11 10 6 8 5 6 6 3 4 6 4

20

T T P P T T T T P T P T P T T

6 6 8 6 6 8 6 8 4 6 4 8 5 6 6 4

22 Ab Bb

T T P T P T P T P T T P T P T P T T T T P T T

8 11 10 6 8 5 6 6 6 3 4 6 5 4 4 4 5 6 6 6 9

25 Eb7#9 Ab Bb Eb7#9

T T P T P T P T T T T P T T T P T P T T P T P T T

8 5 6 6 6 3 4 6 5 4 4 4 5 6 6 8 6 8 5 6 6 4

28

T T P T P T P T P T T P T P T T T T T T P P

8 11 10 6 8 5 6 6 6 3 4 6 4 4 6 X 6 8 X 6 6 8



TRACK 37

Workout 37

Workout #37 continues to build on the slapping technique. Here you'll find more of the intricate thumb slapping, as well as octave patterns and hammer-ons.

Bm7sus4

3

F#7#9

5

8

F#7#9

Bm7sus4

10

Bm7sus4

12

F#7#9

T T P T T P T P P T P T P T P T P T T P T T P P T T T

4 2 4 X 2 2 2 4 4 7 6 2 4 2 4 X 2 2 4 2 5

2 2 2 2 4 X 2 X 2 2 4 2 5 2 4 2 4 0 2 2 2 4 2 5

2 2 0 2 4 0 2 2 4 X 2 2 4 2 5

2 2 4 2 4 X 2 X 2 2 4 2 5 2 4 5 5 4 6 0 1

2 2 4 2 4 X 2 2 4 2 5 2 4 2 4 2 2 2 2

14

T T P T T P T P P T P T T P T T P

2 2 4 2 4 X 2 X 2 2 4 4 5 5 4 6 0 0

16

T T P T T P P T T T T T P T P T P T

2 2 4 2 4 X 2 2 4 2 5 2 2 4 0 2 4 0

F#7#9/5

18

T T T T T T T T

2 X X 4 2 5 0 2 2 4 2 4 X 2 X 2 2 4

Bm7 E9 Bm7sus4

20

T P T P T P T P T T P T T P P T T T

2 4 9 11 7 9 0 2 2 4 2 4 X 2 2 4 2 5

22

T P T P T P T P T T P T T P T P P T P T P T P T P

2 4 2 4 X 2 2 4 2 4 X 2 X 2 2 4 4 11 9 2 2 9 7 0

F#7#9/5

25

T T P T T P P T T T T T P T T P T P T

2 2 4 2 4 X 2 2 4 2 5 2 2 4 0 0 2 4 0

27

T T T T T T T T

2 X X 4 2 5 0 2 2 4 2 4 0 2 2 4 X 2 2 4 2 4

Bm7 E9 Bm7sus4 F#7#9/5



TRACK 38

Workout 38

Let's slow things down a bit for workout #38, which includes a variety of articulations. Remember to listen to the CD first. Once you hear the proper way to play these workouts, you'll know how to give them the right feeling.

Am7 C5 C#5 D5

T P T P T P T P T P T T T

5 7 5 7 5 5 7 5 7 5 3 4 5

3 Am7 C5 C#5 D5

T P T P T P T P T P T P T T P

5 7 5 7 5 5 7 5 7 5 3 5 4 5 5 7

5 Am7 C5 C#5 D5

T P T P T P T P T P T T T P

5 7 5 7 5 5 7 5 7 5 3 4 5 5 7

7 Am7 C5 C#5 D5

T P T P T P T P T P T P T T P

5 7 5 7 5 5 7 5 7 5 3 5 4 5 5 7

9 Am

T P T T P P T T P T P T T P P T T T

5 7 5 7 X 5 5 7 7 5 7 5 5 7 5 8

11 D

T P T T P T P P P T P T T P T P T T

5 7 5 7 X 5 9 7 5 7 5 7 X 5 X 7 5 8

13 Am D

T P T T P P T T P T P T T P T T T

5 7 5 7 X 5 5 7 7 5 7 5 7 5 8

15 Am D

T P T T P T P P P T P T T P T P T T

5 7 5 7 X 5 9 7 5 5 7 5 7 X 5 X 7 5 8

17 Am C5 C#5 D5

T P T P T P T P T T P T P T P T T P

5 7 5 7 5 X X 5 5 7 7 5 7 5 7 5 3 4 5 5 7

19 Am C5 C#5 D5

T P T P T P T P P P T P T P T P T T P

5 7 5 7 5 X X 5 5 7 9 7 5 5 7 5 3 4 5 5 7

21 Am C5 C#5 D5

T P T P T P T P T T P T P T P T P T P

5 7 5 7 5 X X 5 5 7 7 5 7 5 7 5 3 3 4 5 5 7

23 Am C5 C#5 D5 A5

T P T P T P T P P P T P T P T P T T P

5 7 5 7 5 X X 5 5 7 9 7 5 5 7 5 3 4 5 5 7



TRACK 39

Workout 39

This one is a lot of fun. The off-beats, rhythmic variations, articulations, and use of "dead" notes will give you plenty to do!

First system of musical notation for Workout 39, measures 1-2. The staff is in bass clef with a key signature of three sharps (F#, C#, G#) and a 4/4 time signature. Chords C#9, E9, and F#9 are indicated above the staff. The notation includes eighth and sixteenth notes, rests, and a double bar line. Below the staff, fingerings (4, 6, 7, 9) and articulations (T, P, X) are provided for each note.

Second system of musical notation for Workout 39, measures 3-4. The staff continues the melody and accompaniment. Chords C#9, E9, and F#9 are indicated. Fingerings and articulations are provided below the staff.

Third system of musical notation for Workout 39, measures 5-6. The staff continues the melody and accompaniment. Chords C#9, E9, and F#9 are indicated. Fingerings and articulations are provided below the staff.

Fourth system of musical notation for Workout 39, measures 7-8. The staff continues the melody and accompaniment. Chords C#9, E9, and F#9 are indicated. Fingerings and articulations are provided below the staff.

Fifth system of musical notation for Workout 39, measures 9-10. The staff continues the melody and accompaniment. Chords C#9, E9, and F#9 are indicated. Fingerings and articulations are provided below the staff.

Sixth system of musical notation for Workout 39, measures 11-12. The staff continues the melody and accompaniment. Chords C#9, E9, and F#9 are indicated. Fingerings and articulations are provided below the staff.

13

13

T P T T P P T T T T P T T P T T

6 6 6 6 9 8

4 4 X 4 7 3 4 7 7 6 6 2 3

15

15

T P T T P P T T T T T T P T T P T T P T T P

6 6 6 6 6 11 9 8

4 4 X 4 7 3 4 4 9 9 7 7 6 6

17

17

T P T T T P T T T T T P T T P P T T T

6 6 6 6

4 4 2 4 4 2 3 4 4 X 4 7 3

C#9

19

19

T P T T P T T T T P T T P P T T T

6 9 6 6

4 4 4 7 7 9 4 4 X 4 7 3

E9 F#9 C#9

21

21

T P T T P T T T T P T T P T P T T T

6 9 6 6

4 4 4 7 9 10 11 4 4 X X 4 7 3

E9 C#9

23

23

T P T T P T T T T P T T P T P T T T

6 9 6 6

4 4 4 7 7 9 4 4 X X 4 7 3

E9 F#9 C#9

25

25

T P T T P T T P T T P T P T T T

6 11 9 8 6

4 9 9 7 7 6 6 4 4 2 4



TRACK 40

Workout 40

Workout #40 covers most of the techniques introduced in this chapter, including octave patterns, dead notes, and hammer-ons. Practice these techniques until you have them down pat!

Sheet music for Workout 40, featuring bass clef notation, chord names (F#9, C#9, D#9, E9), and fret numbers (2, 4, 6, 7, 8, 9, 0, X).

Measure 1: F#9, C#9, D#9, E9, F#9. Notes: T P T P T P T P T P T P. Frets: 2 4 2 4 2 X 2 4 4 6 8 9 2 4 2 4 2 X 2 4.

Measure 2: D#9, E9, C#9, F#9, C#9, D#9, E9. Notes: T P T P T P T T P T P T P T P T P. Frets: 2 4 6 7 4 2 4 2 X 2 4 4 6 8 9 2.

Measure 3: F#9, D#9, E9, C#9, F#9. Notes: T P T P T P T P T P T T P T T T T. Frets: 2 4 2 4 2 X 2 4 2 4 6 7 4 6 0 2 2 0 2 4 5.

Measure 4: F#9, C#9, D#9, E9, F#9. Notes: T P T P T P T P T P T P T P T P T P. Frets: 2 4 2 4 2 X 2 4 4 6 6 8 9 2 2 4 2 4 2 X 2 4.

Measure 5: D#9, E9, C#9, F#9, C#9, D#9, E9, C#9. Notes: T P T T P T P T T P T P T P T T P T T T. Frets: 2 4 6 6 7 4 4 2 4 2 X 2 4 4 6 6 7 7 4 0.

Measure 6: F#9, F#9. Notes: T P T P T P T T P T T P T P P. Frets: 2 4 2 4 2 X 2 4 0 2 2 0 2 2 4 X 2 X 2 4.

19

C#9 D#9 E9 F#9

T P T P T P T T P T T P T P P

6 8 9 4 2 4 X 2 X 2 2 4

4 6 7 0 2

21

E9 D#9 C#9 E9 F#9

T P T P T P T T P T T P T P P

9 8 6 4 2 4 X 2 X 2 2 4

7 6 4 0 2

23

C#9 D#9 E9 F#9

T T P T P T P T T P T T P T P P

6 8 9 4 2 4 X 2 X 2 2 4

4 4 6 7 0 2

25

E9 D#9 C#9 E9 F#9

T T P T T P T T P T T T P T P T P

9 8 6 4 4 2 0 2 4 2 4 2 X 2 4

7 7 6 6 4 4 2 0 2

27

C#9 D#9 E9 F#9

T P T T P T P T P T P T P T P T P

6 8 9 2 4 2 4 2 X 2 4

4 6 6 7 0 2

29

D#9 E9 C#9 F#9

T P T T P T P T T P T P T P T P

4 8 9 6 4 4 2 4 2 X 2 4

2 6 6 7 4 4 2

31

C#9 D#9 E9 F#9

T P T T P T T P T T T P T P T P T T

6 8 9 4 2 4 2 X 2 4 4 0 2 2 0 2

4 6 6 7 7 4 0 2



TRACK 41

Welcome to Chapter 5! Here, we'll cover all the techniques introduced in the first four chapters—chromatic notes, scales, arpeggios, string crossings, and slapping. In this chapter, however, we'll take them all up a notch (or more!) as we get into more advanced workouts and grooves. Take your time with the following examples. Make sure you practice them carefully and diligently. You'll feel and *sound* great when you get them down!

Workout 41

Let's start with a rock/blues in G minor. Ready? Let's go!

18

[illegible][illegible]

27

27

35

The musical score for 'The Rose Tree' is presented on two systems. The first system features a single staff in bass clef with a key signature of one flat (B-flat). The melody begins with a quarter note G2, followed by a quarter rest, then a quarter note F2, and continues with eighth and quarter notes. It includes triplets of eighth notes and a triplet of quarter notes. The second system consists of two staves. The upper staff continues the melody with triplets and a triplet of quarter notes. The lower staff provides a bass line using only numbers (3, 5, 6) to indicate fingerings for the notes. The piece concludes with a double bar line and repeat dots.



Workout #42 is a funk/R&B groove that gets pretty busy in certain places (as you're about to discover!).

16 **B7** **E7#9**

9 9 9 7 9 7 9 6 7 8 9 7 9 7 8 || 9 9 7 7 9 7 9 7 8

19 **B7#5** **E7#9**

9 9 7 7 9 9 9 7 9 7 9 6 7 8 9 7 9 7 8 9 9 7 7 9

22 **B7#5**

7 9 7 6 7 8 9 6 7 9 9 9 7 7 9 9 9 7 9 7 9 6 7 8 9 6 7 5 5

25 **E7#9**

7 7 7 5 7 5 7 4 5 6 7 5 7 6 7 9 9 9 7 9 7 6 7 8 9 6 7 9 9 7 7 6 7 8

28 **B7#5**

9 7 7 9 6 7 8 9 6 7 9 6 7 6 7 9 7 7 9 6 7 8 9 7 7 6 7 6 7 8

30 **E7#9**

9 7 7 9 6 7 8 9 6 7 9 6 7 6 7 9 7 7 9 6 7 8 9 7 9 9 7 7



TRACK 43

Workout 43

The minor-funk groove in workout #43 is a great workout for your fingers!

Am9

4

Dm7 E7^{#9}_{#5} Am9

7

Dm7 E7^{#9}_{#5}

9

Am9

12

Dm7 E7^{#9}_{#5} Am9

15

Dm7 E7^{#9}_{#5}

5 5 2 3 2 3 2 3 3 2 3 2 3 3 4 5 5 2 3 2 3 2 3

3 2 3 3 3 5 5 6 6 7 7 0 3 5 5 2 3 2 3 2 3 3 2 3 2 3 3 3 4

5 5 2 3 2 3 2 3 5 5 7 7 5 5 7 7 5 5 8 8

5 5 2 3 2 3 2 3 3 2 3 2 3 3 3 4 5 5 2 3 2 3 2 5

5 7 8 5 7 8 5 7 8 5 7 8 5 7 5 7 5 5 2 3 2 3 2 3 3 2 3 2 3 3 3 4

5 5 2 3 2 3 2 5 7 4 5 7 4 5 7 3 5 2 3 5 2 3 0

17 Am7 Em7 G

5 5 3 5 3 3 3 3 3 3 3 5 5 5 3 0 0 3 0 3

19 Am7 Dm7 E7 Am7

5 5 3 5 3 3 3 7 5 7 5 7 5 8 5 7 5 8 5 8 5 3 5 5 3 5 3 3 3 3

22

(3) 3 5 5 3 5 3 5 7 5 3 5 3 5 5 3 5 3 3 3 3 3 5 5

25 Am7 Dm7 Am7 Dm7 E7^{#9}_{#5}

7 7 7 7 5 5 5 5 5 5 5 3 3 3 3 5 5 2 3 2 3 2 3 3 2 3 3 3 5 5 6 6 7 7 5 5

28 Am7 Dm7 Am7

7 7 7 7 5 5 5 5 5 5 5 5 3 3 3 3 5 5 3 3 3 3 5

30 Dm7 Am7 Dm7 E7^{#9}_{#5}

7 7 7 7 5 5 5 5 5 5 5 5 3 3 3 3 5 5 2 3 2 3 2 3 3 2 3 3 3 5 5 6 6 7 7 5 5

33 Am7 Dm7 Am7

7 7 7 7 5 5 5 5 5 5 5 5 3 3 3 3 5 5 3 3 3 3 3 5



TRACK 44

Workout 44

This minor groove has some D minor scale runs interspersed throughout.

Sheet music for Workout 44, featuring a bass line and a guitar line. The key signature is one flat (Bb) and the time signature is 4/4. The music is divided into measures, with chord changes indicated above the staff.

Measures 1-3: Chords: Dm7, Am7, Dm7, Am7. Bass line: D4, E4, F4, G4, A4, Bb4, C5, D5. Guitar line: 5 3 5 3 3 5 5 3 5 3 | 5 3 5 3 3 5 5 3 3 3 | 5 3 5 3 3 5 5 3 3 5 3.

Measures 4-6: Chords: Dm7, Am7, Dm7. Bass line: D4, E4, F4, G4, A4, Bb4, C5, D5. Guitar line: 5 7 8 5 7 8 5 7 8 5 7 8 5 | 5 3 5 3 3 5 5 3 5 3 | 5 3 5 3 3 5 5 3 3 3.

Measures 7-9: Chords: Am7, Dm7. Bass line: D4, E4, F4, G4, A4, Bb4, C5, D5. Guitar line: 5 3 5 3 3 5 5 3 5 3 | 5 7 5 7 5 7 5 8 5 6 7 8 5 8 5 3.

Measures 10-12: Chords: Am7, Dm7, Am7. Bass line: D4, E4, F4, G4, A4, Bb4, C5, D5. Guitar line: 5 3 5 3 3 5 5 3 5 3 | 5 3 5 3 3 5 5 3 3 3 | 5 3 5 3 3 5 5 3 5 3.

Measures 13-15: Chords: Dm7, Am7, Dm7. Bass line: D4, E4, F4, G4, A4, Bb4, C5, D5. Guitar line: 5 8 7 5 8 7 5 8 7 8 5 7 8 5 7 3 | 5 3 5 3 3 5 5 3 5 3 | 5 7 8 5 7 8 5 7 8 5 7 5 7.

17 Dm7 Gm7 Dm7 Gm7

10 7 5 7 8 8 5 5 6 7 7 5 7 6 5 3 5 3 3 5 3 5 1 1 3 3 5 5

20

Dm7

1

Gm7

3 5 3 5

7 5 7 6 5 7 5 7

10 7 5 7 7

8 8 5 5 6 7

22

Dm7

Gm7

Dm7

7 5 7 6 5 3 5 3 | 3 5 3 5 5 1 1 3 3 5 5 | 3 5 3 5 5 5 5 7 5

25

27

Dm7 Am7 Dm7 Am7

5 3 5 3 3 5 5 3 5 3 | 5 3 5 3 3 5 5 3 3 3 | 5 3 5 3 3 5 5 3 5 3

30

Dm7 Am7 Dm7

5 8 7 5 8 7 5 8 7 5 7 8 5 7 3 | 5 3 5 3 3 5 5 3 5 3 | 5 3 5 3 3 5 5 3 3 3

33

Am7 Dm7

5 3 5 3 3 5 5 3 | 5 7 8 5 7 8 5 7 5 7



Here's a funk/R&B groove. Notice the I-IV chord progression, which is very common in this style. The 16th-note runs will help your scale, arpeggio, and string-crossing patterns, while increasing facility in your plucking fingers. Also notice how I've used a B^b note against a G7 chord (as I did in some of the previous workouts), even though it's technically not in the chord. This ^b3rd gives it a bluesier, in-the-style type of sound.

94

19

C7 G7 C7

22

G7 C7 G7

25

G7 C7 G7 C7

28

G7 C7

30

G7 C7

33

D7#9

35

G7 F F# G



This next workout is perhaps one of the most challenging examples in the entire book. Practice it slowly and deliberately. You'll feel great when you get it down!

96

14

D E A(add9) F#m7 1

6 7 0 6 9 7 4 6 4 4 7 4 0 6 7 5 4 7 7 4 7 7 11 14 14 0 2 4 4 7 4 7 0 2 4 4 4 0

17

F#m7

2 4 4 2 2 4 4 2 4 2 4 4 4 2 2 4 4 2 2 2 4 4 2 4 6 4 0

20

Bm7

2 4 4 2 2 4 4 2 4 0 2 7 9 9 9 7 9 7 9 7 9 9 7 9 9 7

22

7 9 9 9 7 9 7 9 9 7 7 9 7 7 0 7 9 9 9 7 9 7 9 7 9 9 7 9 7

24

F#m7

7 9 9 9 7 9 7 9 9 7 7 9 7 7 0 7 9 9 9 7 9 7 9 7 9 9 7 9 7

26

B7 F#m7

7 9 9 9 7 9 7 9 9 8 9 8 9 7 7 9 7 7 9 7 9 9 7 9 9 7 9 7

28

B7 F#m7

7 9 9 9 7 9 7 9 9 8 9 7 7 9 7 7 9 0 2 4 4 2 2 4 4 2 2 4 4 2 2 0 0

30

2 4 4 2 2 4 4 2 4 6 4 4 2 2 0 2 4 4 2 2 4 4 2 4 2 4 4 2 2 4 4 2 4 2 4 4 2 2 0 2



TRACK 47

Workout 47

Workout #47 is a funky/R&B groove with plenty of scale patterns that cover most of the instrument. Notice the shakes and slides that have been added to accentuate the funk feel. Listen carefully to the CD so you'll know the correct way to play them.

Sheet music for Workout 47, featuring a bass line and a guitar line. The music is in 4/4 time and includes various scale patterns, chords, and techniques like shakes and slides.

Chords and Scale Patterns:

- F7#9** (Measures 1-3)
- Bb13** (Measure 10)
- F7#9** (Measure 11)
- Bb13** (Measure 13)
- F7#9** (Measure 15)

Scale Patterns (Fingerings):

- Measures 1-3: 10 7 8 7 10 8 7 10 8 7 | 8 8 8 10 7 8 7 10 13 | 8 8 8 10 7 8 7 10 8 7
- Measures 4-6: 10 10 8 7 10 8 7 10 8 7 | 10 7 8 7 10 8 7 10 8 7 | 8 8 8 10 7 8 7 10 17 13
- Measures 7-9: 10 7 8 7 10 8 7 10 8 7 | 10 10 8 7 10 8 7 10 7 8 | 8 8 6 8 6 8 6 7 8 6 8 10 6
- Measures 10-12: 8 8 6 8 6 8 6 7 8 6 8 6 7 8 6 | 8 8 6 8 6 8 6 7 8 6 8 7 8 | 8 8 6 8 6 8 7 6 7 8 6 8
- Measures 13-14: 15 15 13 15 13 15 13 14 15 13 15 17 13 | 15 15 13 15 13 15 13 14 15 13 15 13 14 15 13
- Measures 15-17: 15 15 13 15 13 15 13 14 15 13 15 19 20 | 15 13 12 13 12 15 13 12 15 13 11 13

17 F C F C

1 1 3 0 1 0 3 0 1 3 5 3 5 3 0 1 1 3 0 1 0 3 1 3 2 5 3 3 5 7

19 F C F

8 8 10 7 8 7 10 7 8 10 7 10 7 10 10 9 7 10 8 7 10 7 8 7 10 8 8 8 8

21 C F C

8 8 10 7 8 7 10 7 8 10 7 10 7 10 8 8 10 7 8 7 10 8 10 9 7 10 10 12 14

23 F C F

15 15 17 14 15 14 17 14 15 17 14 17 19 17 15 14 12 10 9 7 10 7 8 7 10 8 8 8 8

25 F7#9

8 8 8 10 10 7 8 7 10 8 7 10 8 7 8 8 8 10 7 8 7 10 13

27

8 8 8 10 10 7 8 7 10 8 7 10 8 7 8 10 10 8 7 10 8 7 10 8 7 10 7 8 6

29

8 8 8 10 10 7 8 7 10 8 7 10 8 7 8 10 10 7 8 7 10 17 13

31

8 8 8 10 10 7 8 7 10 8 7 10 8 7 8 10 10 8 7 10 8 7 10 7 8



TRACK 48

Workout 48

Let's play a few more slapping grooves. Workout #48 picks up where we left off in Chapter 4, but adds a few more bells and whistles.

Sheet music for Workout 48, featuring bass lines and guitar parts across six systems. The music is in 4/4 time and includes various chords and techniques.

System 1: Bass line starts with a Bb13 chord. The guitar part includes a F7#9#5 chord. The bass line is marked with 'T' (tap) and 'X' (slap) symbols. The guitar part includes a '1' (first fret) symbol.

System 2: Bass line starts with a Bb13 chord. The guitar part includes an Eb9 chord. The bass line is marked with 'T' (tap) and 'X' (slap) symbols. The guitar part includes a '3' (third fret) symbol.

System 3: Bass line starts with a Bb13 chord. The guitar part includes an F7#9#5 chord. The bass line is marked with 'T' (tap) and 'X' (slap) symbols. The guitar part includes a '3' (third fret) symbol.

System 4: Bass line starts with a Bb13 chord. The guitar part includes an Eb9 chord. The bass line is marked with 'T' (tap) and 'X' (slap) symbols. The guitar part includes a '3' (third fret) symbol.

System 5: Bass line starts with a Bb13 chord. The guitar part includes an F7#9#5 chord. The bass line is marked with 'T' (tap) and 'X' (slap) symbols. The guitar part includes a '3' (third fret) symbol.

System 6: Bass line starts with a Bb13 chord. The guitar part includes an Eb9 chord. The bass line is marked with 'T' (tap) and 'X' (slap) symbols. The guitar part includes a '3' (third fret) symbol.

13 $E\flat 9$ $B\flat 13$ $F7^{9}_{\sharp 5}$

T T P P T P P P T T P P T T T T

6 8 X 6 6 6 8 6 4 6 X 4 4 6 X 4 6 4 1

15 $B\flat 13$ $E\flat 9$ $F7^{9}_{\sharp 5}$

T T P P T P P P T T P T T P T T P T T P T

6 8 X 6 6 6 8 X 6 8 6 10 8 6 5 8 8 X 6 4 X X 3 3

17

T T P T T P T T P T T P T T P T T P T T P T T P

10 8 6 5 10 8 6 5 0 8 8 0 6 6 0 4 4 0 3 3

19 $B\flat 13$ $B\flat 13$

T T T T T T T P P T T T T T T T T T T

4 6 X X 4 6 X 6 8 X 6 8 4 6 X X 4 6 X 4 6 X 4 6 6 8 6 8

21 $F7^{9}_{\sharp 5}$ $B\flat 13$

T T T T T T T T T T T T T T T T T T

4 6 X X 4 6 X 4 6 X 4 1 4 4 6 X X 4 6 X 4 6 X 4 6 6 8 6 8

23 $E\flat 9$ $B\flat 13$

P T T P T T T T T T T T T T T T

6 8 6 8 6 8 6 8 6 7 6 9 4 6 X X 4 6 X 4 6 X 4 6 6 8 6 8

25 $F7^{9}_{\sharp 5}$ $B\flat 13$

T T T T T T T T T T T T T T T P

4 6 X X 4 6 X 4 6 X 4 1 4 4 6 X X 4 6 X 4 6 X 4 6 6 8 6

27 $F7^{9}_{\sharp 5}$ $B\flat 13$

T T P T T P T T P T T P T T T T T T T P P

10 8 6 5 0 8 8 0 6 6 0 4 4 0 3 3 4 6 X X 4 6 X 6 8 X 6 8



Workout 49

Workout #49 takes our slapping grooves a little deeper.

TRACK 49

Sheet music for Workout 49, featuring bass lines and guitar slapping techniques. The music is in 4/4 time and includes various chords and fingerings.

Measure 1: Chord C7#9. Bass line: T T T T T P P T T (3) P. Fingering: 1 3 X X 3 5 X 3 3 5 0 3 5 3.

Measure 2: Chord F7. Bass line: T T T T T P P T T T. Fingering: 1 3 X X 3 5 X 3 3 5 3 6.

Measure 3: Chord C7#9. Bass line: T T T T T P P T P P. Fingering: 1 3 X X 3 5 X 3 3 5 7 8.

Measure 4: Chord Eb5. Bass line: T T P T T P T T. Fingering: 6 6 X 5 X 3 1 1 3 1.

Measure 5: Chord F5. Bass line: T T T T T P T T. Fingering: 1 1 3 1.

Measure 6: Chord C7#9. Bass line: T T T T T P P T T P P. Fingering: 1 3 X X 3 5 X 3 3 5 5 7 8.

Measure 7: Chord F7. Bass line: T T P T T P T T P T T P T T P. Fingering: 10 10 X 8 X 6 X 5 X 3.

Measure 8: Chord G7#9. Bass line: T T P P T P T T T. Fingering: 1 3 X 1 1 3 5 0 1 2.

Measure 9: Chord C7. Bass line: T T P P T T. Fingering: 1 3 X 1 1 3 1 2 3.

Measure 10: Chord G7#9. Bass line: T T P P T P T T T. Fingering: 1 3 X 1 1 3 5 0 1 2.

Measure 11: Chord C7. Bass line: T T T T T T P T T. Fingering: 1 3 X X 1 3 1 2 3.

Measure 12: Chord G7#9. Bass line: T T P P T T T T P P. Fingering: 8 10 X 8 8 10 9 7 8 9.

Measure 13: Chord C7. Bass line: T T P P T T. Fingering: 8 10 X 8 8 6 8 8 10 8 10.

Measure 14: Chord G7#9. Bass line: T T P P T T. Fingering: 8 10 X 8 8 10 9 7 8 9.

16 C7#9

T P T T P T T P P P P T T T T T P P T T 3 P

12 10 8 7 5 3

10 X 8 X 6

1 3 X X 3 5 X 3 3 5 0 3 5 3

18 F7 C7#9

T T T T T P P T T T T T T T T P P T T P P

1 3 X X 3 5 X 3 3 5 3 6

1 3 X X 3 5 X 3 3 5 5 7 8

20 Eb5 F5 C7#9

T T P T T P T T P T T T T T T T P P T T P

8 7 5

6 6 X 5 X 3 1 1 3 1

1 3 X X 3 5 X 3 3 5 0 3 5 3

22 F7 C7#9

T T T T T P P T T T T T T T T P P T T P P

1 3 X X 3 5 X 3 3 5 3 6

1 3 X X 3 5 X 3 3 5 5 7 8

24 G7 C7#9 G7 C7#9

T T P T T P T T P T T P T T P T T T T T P P T T P

12 10 8 7 5 3

10 10 8 8 6 6 5 5 3 3 1 1 3 1

1 3 X X 3 5 X 3 3 5 0 3 5 3

26 Eb5 F5

T T T T T T T T T T T T T P P T T P P T T P T T P T T

1 3 X X 1 3 X 1 3 X 3 1 3 1 3 3 5 5 7 8 8 7 5 3

6 6 X 5 X 3 X 1 3 1

29 C7#9

T T T T T P T P T T T T T T T T T T T T

1 3 X X 3 5 X 3 X 3 5 3 6

1 3 X X 1 3 X 1 3 1 3 1 3 1 3

31 G7 C7#9

T T T T T P P T T P P T T P T T P T T P T T P T T P T

12 10 8 7 5 3

10 10 8 8 6 6 5 5 3 3 1 1 3



TRACK 50

Workout 50

This slapping groove is quite advanced. As you read the music, you'll find that all the notes are carefully and accurately written (including the "dead" notes). Listen to the CD to hear the correct way to play it. Good luck!

Sheet music for Workout 50, featuring a slapping groove. The music is written in bass clef, 4/4 time, with a key signature of two sharps (F# and C#). The piece consists of 13 measures, divided into four systems of two staves each. The first staff of each system contains the melodic line, and the second staff contains the bass line. The music is marked with various chords (Bm7, F#m7) and includes slapping techniques indicated by 'x' marks on the notes. The bass line features a complex sequence of notes and rests, including slapping techniques indicated by 'x' marks. The piece concludes with a final measure marked with a double bar line.

Measures 1-2: Bm7, F#m7. Notes: T T T T T T T T T T T T T T. Bass: 5 7 X X 5 7 X 5 7 7 5 7 7 9 7 9 5 7 X X 5 7 X 5 7 7 5 2 5.

Measures 3-4: Bm7, F#m7. Notes: T T T T T T T T T T T T T T T T T T. Bass: 5 7 X X 5 7 X 5 7 7 5 7 7 9 7 9 7 9 X 7 9 7 7 9 X 7 7 5.

Measures 5-6: Bm7, F#m7. Notes: T T T T T T T T T T T T T T T T T T. Bass: 5 7 X X 5 7 X 5 7 7 5 7 7 9 7 9 5 7 X X 5 7 X 5 7 7 5 2 5.

Measures 7-8: Bm7. Notes: T T T T T T T T T T T T T T T T T T. Bass: 5 7 X X 5 7 X 5 7 7 5 7 7 9 7 9 5 7 X X 5 7 X 7 9 X 7 9.

Measures 9-10: Bm7, F#m7, Bm7. Notes: T T T T T T T T T T T T T T T T T T. Bass: 7 9 X 7 9 7 7 9 X 7 7 5 5 7 X X 5 7 X 5 7 7 5 7 7 9 7 9.

Measures 11-12: F#m7, Bm7. Notes: T T T T T T T T T T T T T T T T T T. Bass: 7 9 X 7 9 7 7 9 X 7 7 5 5 7 X X 5 7 X 7 9 X 7 9.

Measures 13: F#m7, Bm7, F#m7, Bm7, F#m7. Notes: T T T T T T T T T T T T T T T T T T. Bass: 5 7 X 5 7 5 0 2 X 0 2 0 5 7 X X 5 7 X 5 7 7 5 2 5 5 7 X 5 7 5 0 2 X 0 2 0.

16 Bm7 F#m7

T T T T T T T T T T T T T T

5 7 X X 5 7 X 7 9 X 7 9 5 7 X X 5 7 X 5 7 7 5 2 5

18 Bm7 F#m7 Bm7 F#m7

T T T T T T T T T T T T T T

0 5 7 5 7 9 0 5 7 5 5 2 5 7 X X 5 7 X 5 7 7 5 2 5

20 Bm7 F#m7 Bm7 F#m7

T T T T T T T T T T T T T T

0 5 7 5 7 9 0 7 9 7 9 5 7 X X 5 7 X 5 7 7 5 2 5

22 Bm7 F#m7 Bm7 F#m7

T T T T T T T T T T T T T T

0 5 7 5 7 9 0 5 7 5 5 2 5 7 X X 5 7 X 5 7 7 5 2 5

24 Bm7 Bm7

T T T T T T T T T T T T T T

0 5 7 0 5 7 0 5 7 0 5 7 0 7 9 0 7 9 7 5 7 X X 5 7 X 5 7 7 5 7 7 9 7 9

26 F#m7 Bm7 F#m7

T T T T T T T T T T T T T T T T P T T T T P T T

5 7 X X 5 7 X 5 7 7 5 2 5 5 7 X X 5 7 X 5 7 7 5 7 7 9 7 9 7 9 X 7 9 7 7 9 X 7 7 5

29 Bm7 F#m7

T T T T T T T T T T T T T T T T

5 7 X X 5 7 X 5 7 7 5 7 7 9 7 9 5 7 X X 5 7 X 5 7 7 5 2 5

31 Bm7

T T T T T T T T T T T T T T

5 7 X X 5 7 X 5 7 7 5 7 7 9 7 9 0 5 7 0 5 7 0 5 7 0 7 9 0 7 9 7



TRACK 51

Workout 51

Back to the fingers for workout #51. This one's a pretty intense groove, with plenty of scale patterns for you to practice!

C#m7

1

3

5

7

9

C#m7

11

13

106

15

17

20

C#m7 F#11 C#m7 G#7 C#m7 F#11

24

C#m7 G#7 C#m7 F#11 C#m7 G#7 C#m7 F#11

28

C#m7 G#7 C#m7 F#11 C#m7 G#7

31

C#m7 F#11 C#m7 G#7 C#m7 F#11

34

C#m7 G#7 C#m7 F#11 C#m7

37

F#11 C#m7



If I've left out any notes in the previous workouts, there's a good chance they can be found here! This one will keep you busy all over the instrument. Take your time and work through this example till the end. It will give you plenty of facility, strength, and endurance. *Go for it!*

108

15 ^{b9}A13 ^{#9}_{#11}

2 1 1 4 1 1 1

5 6 5 4 5 6 7 8 4 5 6 7 8 4 5 6 7 8 7 6 5 6 5 4 8 7 6 5 4 5 6 4

[illegible]

19

7 6 5 4 5 6 7 5 | 7 6 7 5 6 7 8 6 | 7 6 5 4 5 4 8 7 8 7 6 5 4 5 6 4

21

1 1 1 2 3 4

5 4 3 2 3 2 1 2 3 4 5 3 4 5 3 4 5 5 4 3 2 3 2 1 0 1 2 3 0 1 2 3 4

[illegible]

26

29 *8va* *loco*

The second system of the musical score for 'The Great Wall of China' is presented on a grand staff. The upper staff is a bass clef with an 8va (octave up) marking. The lower staff is a treble clef. The music is in 4/4 time. The key signature has one flat (B-flat). The melody is written in a loco style, indicated by the 'loco' marking. The score includes fingerings (2, 4) and articulation marks (accents). The lower staff contains a sequence of numbers: 14, 14, 15, 13, 14, 18, 19, 20, 19, 20, 19, 18, 19, 18, 17, 16, 14, 14, 15, 13, 14, 13, 12, 11, 12, 11, 10, 9, 10, 9, 8, 7.

AFTERWORD

We all want to groove, yet we all know there are certain things we just “gotta do” in order to become great musicians. Hopefully, I’ve helped you inject some “wanna do” in your “gotta do” with *Bass Aerobics* and that you had so much fun with these workouts you didn’t even realize you were practicing your scales, arpeggios, string crossings, etc. If that’s the case, then I’ve achieved my goal.

I hope you’ve enjoyed working through this book as much as I enjoyed writing it. *Bass Aerobics* can be a valuable resource for building your bass technique and grooving ability if you take it seriously. Like anything else, the more you put into it, the more you’ll get out of it. It’s up to you.

Congratulations on having made it to the end of this book. But you’re not done! Keep this book handy as a reference. Go over each workout until you can play it perfectly. Get a notebook and write down your own variations. Play around with different keys. Change the tempos. You’re limited only by your creativity.

I wish you much success as a great bass player. Good luck. Make it groove!

ACKNOWLEDGMENTS

Writing a book requires a great deal of time, effort, and thought, and, most importantly, a lot of help! I extend my sincerest thanks and appreciation to the following individuals for providing so much expertise and support:

Jake Reichbart, for your impeccable guitar chops and overall stunning musicianship. It never ceases to amaze me how you just keep sounding better and better! The CD that accompanies this book is enhanced immeasurably because of you.

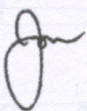
Marty Liebman (yo, Bro!), for your invaluable insights and much-needed technical support.

Randy Zdrojewski, for getting my picture just right and for demonstrating so much artistic knowledge and skill before, during, and after the photo shoot!

To so many of my bass heroes for their meticulous review of the *Bass Aerobics* manuscript and CD, and for ultimately providing their much-valued endorsements to the finished product. Thank you **Kai Eckhardt**, **Jimmy Haslip**, **Jerry Jemmott**, **Alphonso Johnson**, **Darryl Jones**, **Dave LaRue**, and **Leland Sklar**. What an incredible list of bass heavyweights!

Thanks once again to all the great people at Hal Leonard Corporation for helping me share my knowledge of the bass with so many others throughout the world.

Special thanks to my wonderful wife, **Mindy**, and to my great kids, **Josh**, **Rebecca**, **Emily**, and **Adam** for all your love and encouragement.



ABOUT THE AUTHOR

Jon Liebman is a world-renowned, award-winning bassist, composer, arranger, author, and educator. He has played electric and acoustic bass in every imaginable setting, from jazz gigs and club dates to full-scale concerts and internationally broadcast radio and TV shows. Jon has performed in many of the world's major concert venues, including: New York's Madison Square Garden, L.A.'s Shrine Auditorium, and Tokyo's spectacular Suntory Hall (not to mention bull rings in Central America, amphitheaters in the Caribbean, and all kinds of off-beat settings across the globe).

Throughout the course of a career that began over thirty years ago, Jon has performed and/or toured with a wide range of musical acts, including: Amy Grant, Cleo Laine, Buddy DeFranco, Billy Eckstein, Eartha Kitt, The Drifters, The Platters, The Coasters, The Chiffons, The Ink Spots, The Fifth Dimension, Julio Iglesias, Jose Feliciano, Chita Rivera, Theodore Bikel, and countless others. He has performed in the pit orchestras of many Broadway shows, including: *Dreamgirls*, *Ain't Misbehavin'*, *Phantom of the Opera*, *Les Miserables*, *Fiddler on the Roof*, *Oliver!*, *A Funny Thing Happened on the Way to the Forum*, *Golden Boy*, *Kiss of the Spider Woman*, *Annie*, and many others. He's also supplied the bass tracks for major recording projects for clients which have included Ford, GM, and the NBA.



Photo by Randy Zdrojewski

In addition to *Bass Aerobics*, Jon is the author of *Funk Bass*, *Funk/Fusion Bass*, *Rock Bass*, *Blues Bass*, and *Bass Grooves: The Ultimate Collection*, as well as a book of transcriptions of fellow bassist Stuart Hamm. He has also had his big-band arrangements performed on *The Tonight Show*, *The Late Show*, and other programs.

Jon holds a Bachelor of Music degree in Jazz Studies and Contemporary Media from Wayne State University in Detroit, and a Master of Music degree in Studio Music and Jazz from the University of Miami in Coral Gables, Florida. He has spent time in California, where he was active in the Los Angeles music scene as a performer and writer, and he currently serves as Chairman/CEO of the Specs Howard School of Media Arts in Southfield, Michigan. Jon is also the founder of the very popular www.ForBassPlayersOnly.com website. He lives with his wife Mindy and has four children.

BASS NOTATION LEGEND

Bass music can be notated two different ways: on a *musical staff*, and in *tablature*.

THE MUSICAL STAFF shows pitches and rhythms and is divided by bar lines into measures. Pitches are named after the first seven letters of the alphabet.

TABLATURE graphically represents the bass fingerboard. Each horizontal line represents a string, and each number represents a fret.

Notes:
A G F E D C B A

Strings:
high G F E D C B A low

3rd string, open 2nd string, 2nd fret 1st & 2nd strings open, played together

HAMMER-ON: Strike the first (lower) note with one finger, then sound the higher note (on the same string) with another finger by fretting it without picking.

PULL-OFF: Place both fingers on the notes to be sounded. Strike the first note and without picking, pull the finger off to sound the second (lower) note.

LEGATO SLIDE: Strike the first note and then slide the same fret-hand finger up or down to the second note. The second note is not struck.

SHIFT SLIDE: Same as legato slide, except the second note is struck.

TRILL: Very rapidly alternate between the notes indicated by continuously hammering on and pulling off.

TREMOLO PICKING: The note is picked as rapidly and continuously as possible.

VIBRATO: The string is vibrated by rapidly bending and releasing the note with the fretting hand.

SHAKE: Using one finger, rapidly alternate between two notes on one string by sliding either a half-step above or below.

NATURAL HARMONIC: Strike the note while the fret hand lightly touches the string directly over the fret indicated.

MUFFLED STRINGS: A percussive sound is produced by laying the fret hand across the string(s) without depressing them and striking them with the pick hand.

BEND: Strike the note and bend up the interval shown.

BEND AND RELEASE: Strike the note and bend up as indicated, then release back to the original note. Only the first note is struck.

RIGHT-HAND TAP: Hammer ("tap") the fret indicated with the "pick-hand" index or middle finger and pull off to the note fretted by the fret hand.

LEFT-HAND TAP: Hammer ("tap") the fret indicated with the "fret-hand" index or middle finger.

SLAP: Strike ("slap") string with right-hand thumb.

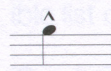
POP: Snap ("pop") string with right-hand index or middle finger.

Additional Musical Definitions



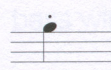
(accent)

- Accentuate note (play it louder).



(accent)

- Accentuate note with great intensity.



(staccato)

- Play the note short.



- Downstroke



- Upstroke

D.S. al Coda

- Go back to the sign (C), then play until the measure marked "To Coda," then skip to the section labelled "Coda."

D.C. al Fine

- Go back to the beginning of the song and play until the measure marked "Fine" (end)

Bass Fig.

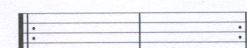
- Label used to recall a recurring pattern.

Fill

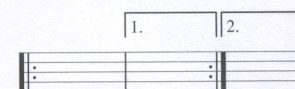
- Label used to identify a brief melodic figure which is to be inserted into the arrangement.

tacet

- Instrument is silent (drops out).



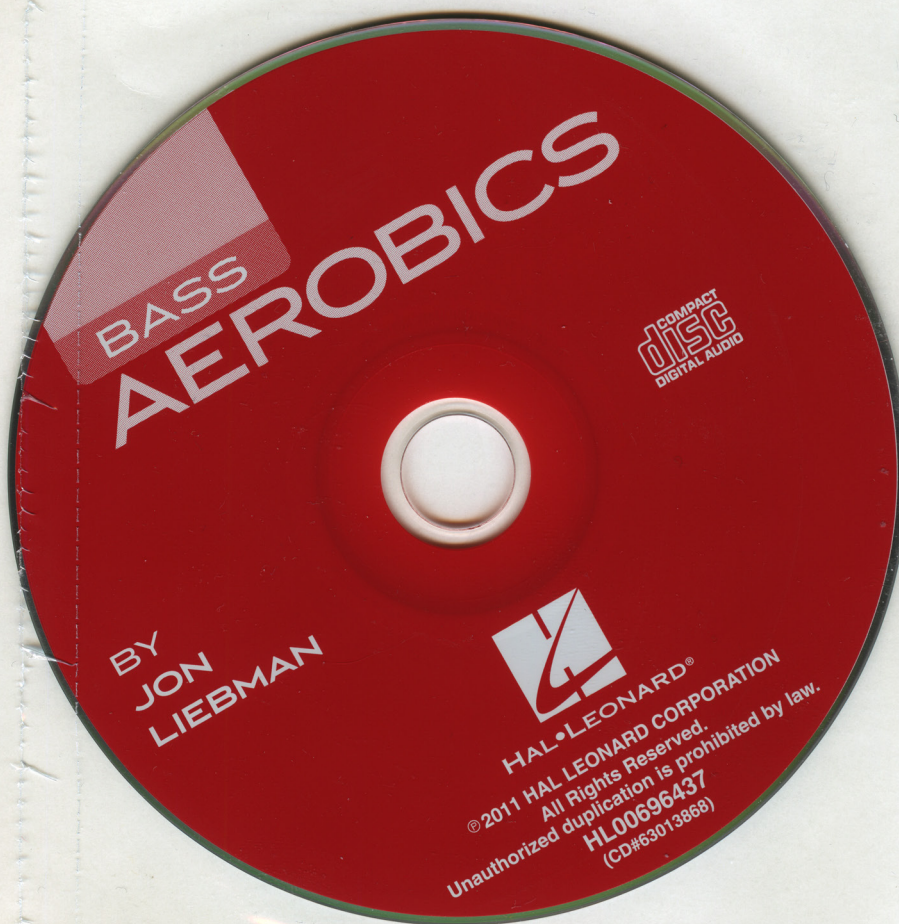
- Repeat measures between signs.



- When a repeated section has different endings, play the first ending only the first time and the second ending only the second time.

NOTE: Tablature numbers in parentheses mean:

1. The note is being sustained over a system (note in standard notation is tied), or
2. The note is sustained, but a new articulation (such as a hammer-on, pull-off, slide or vibrato) begins, or
3. The note is a barely audible "ghost" note (note in standard notation is also in parentheses).



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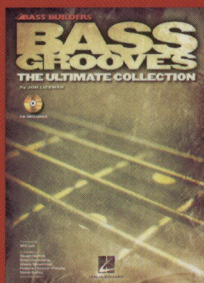
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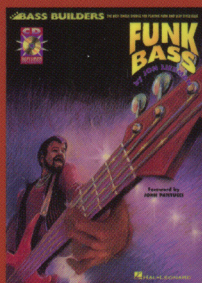
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Jon Liebman is a world-renowned, award-winning bassist, composer, arranger, author, and educator. He has played electric and acoustic bass in every imaginable setting, from jazz gigs and club dates to full-scale concerts and internationally-broadcast radio and TV shows. Jon currently serves as Chairman/CEO of the Specs Howard School of Media Arts in Southfield, Michigan.

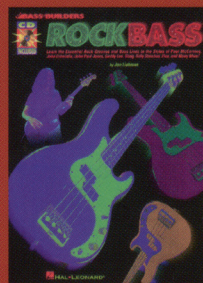
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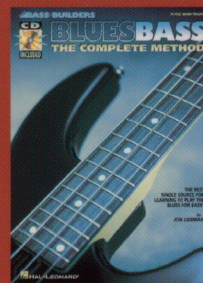
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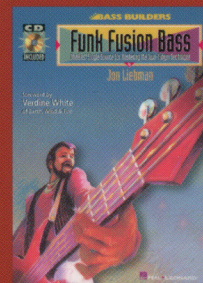
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